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SEXUAL HYGIENE

BY

E. H. HENRY, D. O.

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SEXUAL HYGIENE

(FROM AN OSTEOPATHIC VIEWPOINT)

A Scientific Discussion of Physiological and Pathological Sexual Relations

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A SERIES OF TWELVE LECTURES

PERSONALLY REVISED
FROM STENOGRAPHIC REPORT

BY

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PUBLISHER'S FOREWORD

These lectures have been issued in book form in response to numerous requests from those who have heard one or more of them, for some easily available form in which they can be studied to the best advantage.

They are the result of careful thought and years of practical experience in the Osteopathic profession of one who is amply able to deal with the subject. An exhaustive discussion of the various topics has not been attempted, but rather such a general survey as will enable the student and practitioner to satisfactorily handle the various problems along these lines likely to be encountered in general practice.

As the subject is handled from the Osteopathic viewpoint, it is hoped that the book will be found a valuable source of information for the practitioner in his daily work, as well as in the preparation of lectures to be given before organizations of various kinds, if desired.

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CHAPTER I.

NEED OF SEXUAL INSTRUCTION

Lack of Knowledge of Organs and Their Functions; Value of Eugenic Marriage Laws; Origin and Structure of Genital Organs; Inequality of Sexual Education and Development; Physiology of the Generative Organs; Classification of Females as to Sexual Desires; Most Frequent Cause of Divorce; Mystery as to Sexual Process; Character of Treatment Required.

At the very beginning of this course of lectures on the question of Sexual Hygiene, particularly with reference to the Physiological, Psychological and Sociological aspect of the question, it will perhaps be well to consider first the need of education of the public along these lines.

From your own personal experience, you know that there is a marked deficiency somewhere in the method of instruction along lines that are absolutely essential to the welfare of each and every living human being. Most of you, no doubt, had but a very vague idea of the structure and function of the reproductive organs of either sex, before taking up the study of Anatomy, Physiology, Embryology and the various other sciences necessary to the successful practice of the Science of Osteopathy. You may never have thought of it from just this phase of the question before, but you will probably be surprised, in your own practice, at the lamentable lack of even the most superficial knowledge of the generative organs and their proper care, among both the male and female sex. There has been but little taught in the public schools, as yet, regarding sexual matters; relatively few of the

graduates of the grades go to the higher schools where some attempt is made to teach the more elementary principles of the subject, and of course a much smaller number acquire first-hand, technical knowledge from any of our professional schools.

In the absence of any general system of instruction along these lines, it naturally follows that such information as that transmitted from mother to daughter or father to son is about all that the average individual knows as to his or her own organs or those of the opposite sex, up until the time of marriage. Such things, as a matter of fact, are not much talked about, as they are not considered proper, by some people. Now modesty is dependent upon the surroundings and the conditions of the particular individual or people concerned. The exposing of the entire anatomy among the natives of Africa is not thought any more of than the exposure of merely the hands and face in this country—it is simply the standpoint from which one looks at it. Of course, we do not care to revert to the savage method of existence; but it is claimed that among primitive peoples who have not come in contact with and yielded to some of the evils of civilization, there is a higher grade of morality than is to be found among what we regard as the higher strata of humanity. Therefore, instead of finding that the absence of clothing has produced immorality, it is probable that its very presence has contributed to the present state of affairs and the absolute ignorance everywhere manifest as to the anatomy and physiology of the human sexual organs. It is a fact, therefore, that most individuals do require instruction along these lines.

It is also a self-evident fact that it is far better for such information to be given in a proper manner, by

those well equipped for the task, than for the man and woman to wait until time for marriage and then acquire it at the terrible cost sometimes necessary. It not infrequently happens that the young girl grows to maturity and is actually married, without having had any instruction as to what she might expect in the marriage relation, or how to properly care for herself or the children that are likely to result from such union. It is no wonder, therefore, that we have the great number of neurotic individuals in the various institutions of the state and nation; that many of these individuals become criminals and not only entail upon society considerable expense for their care but perhaps become progenitors of a long and prolific line of criminals of the most vicious type; and that an untold host of such people must pay for their ignorance by the sacrifice of health and often of life itself. The restrictions as to the marriage of the unfit, particularly as to certain communicable diseases, in the way of what are known as "Eugenic Marriage Laws," as passed by various states during the last few years are entirely proper and necessary, and, if rigidly enforced, will do much to eliminate the inevitable consequences of the general ignorance along sexual lines; but a far more satisfactory method is the dissemination of the knowledge necessary to avoid even the possibility of those penalties.

Now you are quite familiar with the fact that in the early embryonic development of a human being, the sexual organs are entirely undifferentiated; that they are not markedly developed until rather far along in foetal life; that some of the primary sexual organs do not assume what we know as their normal position until just prior to birth and that the secondary sexual organs do not reach their full stage of

maturity for from twelve to eighteen or twenty years thereafter. Having a common origin, these organs must necessarily have a marked similarity as to function, according to their structure, but particularly as to their blood supply and nervous control. It is probable that no structure in the body is so well supplied with nerves as the sexual organs, and particularly in the female. There are certain definite centers in the female, such as the mammary glands, the clitoris and the lower part of the vaginal orifice, which are far more sensitive than any other part of the genital tract. The various nerve centers, or the source of the various nerve fibers which control the activities of the ovaries, tubes, uterus and vagina, are found in the extreme lower thoracic and lumbar areas, and particularly in the sacral region of the female spinal column. There is also a very intimate but somewhat complex relation between the nerve centers supplying the mammary glands with the other genital organs just mentioned. Owing to the complexity of these nerve association tracts, it will be seen from a physiological standpoint that it requires considerable time to bring them to the proper stage of nerve tension where they will properly perform their functions in the sexual act. Both the man and the woman should be fully instructed along these lines, so that they can be mutually helpful, in order that there may be a hyperemic condition of all these centers at one and the same time, in connection with intercourse. The man should understand that organism, up to a certain point, is entirely under the control of the cortical centers, i. e., of his own will power. He must be able to control his own impulses and urge his wife to do her share, which of course must be more than a passive one, to the fullest enjoyment of both indi-

viduals. If both are amenable to this kind of instruction, there is a possibility that their native sexual inequality can be equalized.

The use of any organ means the growth and development not only of the organ itself, but of the center controlling it. Because of the conditions surrounding the male and female during the early period of childhood and in adult life, there is an under-development of the female, as compared with the male. The inequality existing between the two sexes, as a direct result of their early training and environment, is one of the most frequent causes of divorce. Not only is there a lack of knowledge on the part of the female, as a rule, of sexual affairs, but usually an absence of a desire to acquire such information, because of the restraining and inhibiting influences which surround her. She does not have the same opportunity to learn of those things in the animal world, as does the male; and because of her early training, both at home and at school, her native modesty prevents her inquiring into them. On the other hand, as a result of his life and environment, the man has a more or less general although sometimes somewhat perverted, knowledge of those affairs; he usually knows more about them than his wife, so that the burden of giving the proper instruction must fall upon him to a certain extent; and the blame for any sense of dissatisfaction in the marriage relation must rest more or less upon his shoulders, under present day conditions.

This type of trouble can be handled by the physician with most satisfactory results. He can best do it, of course, through the husband, who will perhaps be the first to complain, owing to what he regards as the coldness or indifference of his wife. It may be largely the result of the increased activity of the

sexual glands of the man himself—he may be of a nervous type, so that orgasm will invariably come before it should. In that event, he should be instructed to prolong the hyperemic condition of his own genital organs so that orgasm will be simultaneous. Any mystery as to the sexual organism of his wife should be cleared up, so that he will fully understand what is required for their mutual enjoyment.

Both the male and female should understand the normal physiological action of the generative organs. There are several glands in both the sexes which contribute to the satisfaction of the reproductive act. The semen of the male is a viscid, whitish, or opalescent fluid, of alkaline reaction and characteristic odor, and is the result of the combined secretions of the testes, prostate, seminal vesicles and Cowper's glands. This fluid serves to convey and maintain the vitality of the spermatozoa in their passage along the several ducts from the convoluted tubules of the testes to the external opening of the male organ. At the height of nervous tension during the act of intercourse, there is a spasmodic contraction of the smooth muscle coat of the ejaculatory ducts of the male, causing the discharge of this fluid, the process being termed "orgasm." In the female, there is a physiological mucous secretion from the vaginal walls, which is merely a thick viscid mucous and does not contain any elements essential to impregnation. As a matter of fact, impregnation of the ovum of the female usually takes place in the Fallopian tube, where it is met by the spermatozoa contained in the male seminal fluid. The secretion of the female, therefore, during the act of coitus, is merely a physiological relief—an instant explosion of the mucous cells of the membrane lining the vagina and cervix of the uterus, as a result of the hyperemic condition

brought about by the sensations of intercourse. The glands are over-stimulated and there is an abundant flow of the mucous substance emitted at the height of the reproductive act, known as orgasm. On each side of the posterior part of the external opening or commencement of the vagina is a round or oblong body, analogous to Cowper's gland in the male, known as the Gland of Bartholin, which opens by means of a long single duct immediately external to the hymen. The purpose of the secretion of these glands is to lubricate the vagina and facilitate the act of coitus. The height of nervous tension is only reached and relieved in both the male and female by orgasm—the nervous explosion causing the discharge of the distinctive fluid of each sex. As previously mentioned, it requires relatively a much longer time and greater stimulation for the female to reach this point than for the average male. You will therefore understand the necessity of proper instruction of both parties to the affair in order that there may be mutual satisfaction.

As already stated, in the big majority of instances, the man is much more familiar with the process than the woman, but he has not been properly educated, and his education has been more as to his own sexual apparatus, so that he knows comparatively little regarding that of the female. This is one of the things which you as physicians will be called upon to handle—to start the giving of the proper kind of instruction. It is possible for you to do a certain amount of ethical advertising in talks on such subjects, before various groups of men or women or both, in the community in which you locate. In fact, this is one of the best ways to bring yourself before the public, and you should take a deep and active interest in things of this sort. It is one of the

very best ways in which you can properly and profitably advertise yourself and the profession.

Now, as you can well understand, where there is complete satisfaction on both sides, there is one of the happiest of homes, but where there is dissatisfaction on the part of one or the other, you will find quite the other kind of a home. As previously suggested, the inequality between the two sexes, as a direct result of their early training and environment, combined with the mutual dissatisfaction which this produces in married life, is one of the things which causes so many divorces. The feminine part of the human race may be divided, roughly, into about four groups, as follows:

About ten per cent of all females who enter into the marriage state have the kind of an impulse which they are more than willing to gratify—they meet their consort at least half way and there is complete and mutual satisfaction.

Then, there are at least fifty per cent of married individuals on the female side, who are willing to make an effort to meet the advances of the male, and do their share or assist in a physiological sexual intercourse, so that with these there is more or less complete satisfaction.

But about thirty per cent of the female married folks are so constituted, either from some peculiarity of their mental makeup or because of ignorance, that there is not complete physiological satisfaction—there is still a hyperemic condition of the genital organs after the completion of orgasm by the male and the termination of the act, due to her inability to reach the height of enjoyment just at the proper time, or the failure of the husband to assist in that direction, so that she is more or less unresponsive and mutual disgust and dissatisfaction is the inevitable result. It is

this type of married pairs that furnishes the large per cent of divorces on the ground of incompatibility.

Then we have about ten per cent remaining, composed of women absolutely void of any sexual desires —they are cold, frigid and indifferent, and of course with such it is impossible to obtain any satisfaction for either party concerned. Fortunately, this class of individuals makes up much the smaller percentage of married pairs. It is the thirty per cent already mentioned that furnishes the most of the causes for divorce actions; but this type of individual is amenable to the proper kind of education and treatment, if discovered in time.

Then we have, although very rarely, the opposite type of case, where it is the man who is sexually cold. This is generally due to some congenital malformation and lack of proper development or it may be due to a pathological condition. The male, naturally, is sexually very active. From a physiological and anatomical standpoint, man is like any other animal—he is naturally polygamous, but from an ethical standpoint and because of his environment, he must be more or less monogamous. Where we have to do with "impotence," which is the term always applied to the male, while "sterility" or "barrenness" is used in connection with the female, it may be due to sexual abuse. It may be a pathological condition, the result of abuse along these lines, accompanied by the use of stimulants, such as alcohol. As a usual thing, we have sexual activity in the male up to fifty or sixty or sixty-five, and there are cases on record where men seventy or seventy-five years of age have had children. It is impossible to set any definite age limit on the sexual activity of the male; but in the female, after the climacteric there is a gradual passing of the sexual inclination.

Another factor that must not be lost sight of in the early stages of married life, is the fact that there is always a considerable amount of nervous excitement on the part of both man and wife, attending the first few weeks or months of intercourse. There is rarely, if ever, complete satisfaction the first time it is attempted. There are certain physical obstacles which must be overcome, in addition to the nervous tension and general unfamiliarity with the process, particularly perforation of the hymen of the female. Because of this fact, the first attempt at intercourse is usually extremely painful to the woman; and if brutally performed by the man, as a result of ignorance or carelessness, will be the cause of fear and disgust on her part and the fruitful source of future marital troubles. Because of the nervous tension or excitement present in the big majority of instances, there is premature ejeculation on the part of the male. As a result, the female organs are not sufficiently lubricated in the proper manner, and the pain caused by the entrance of the male organ is not soothed as it should be by the pleasurable sensations which would normally follow. This may continue for some little time and result in the loss on the part of the man of the feeling of confidence in his own manhood and virility which ordinarily exists; and to a sensitive individual this is so extremely hard to overcome that in a great many instances, a kind of nervous tension is induced which hastens the orgasm for a number of times, and as a result there is not complete satisfaction on the part of either member of the party. This is something you will be called upon to advise regarding, in a professional capacity. The hymen is rarely so strongly developed as to offer a serious or permanent obstacle to coitus. When this does occur, it may be corrected by a very

slight operation in the home or office, even without an anesthetic of any kind.

General Osteopathic treatments will have a tendency to restore a normal circulation and increase the normal physiological metabolism of the individual, and in this way will tend to strengthen his entire nervous system. Necessarily, the treatment must be more or less psychical in character—he must be told that this nervousness is not at all necessary; that he can entirely overcome it with a little practice; that his wife is undergoing the same kind of nervous excitement and nerve shock; that she is really suffering more than he because of the physical facts in the case; and that as a result of the nerve tension in the female, there is congestion which is not relieved as it should and would be by a normal orgasm. This is the time to explain to the husband something of the anatomy and physiology of the female genital tract and remove the mysterious atmosphere surrounding the process of intercourse. This will remove the psychical drawbacks, so that thereafter, if the husband works carefully and intelligently, he should be able in the course of a few repeated attempts to entirely overcome his excessive nervousness, to the mutual advantage of both parties. Further details of this subject will be taken up in a later lecture.

CHAPTER II.

FUNDAMENTAL REASON FOR MARRIAGE

PROPER AGE FOR MARRYING FROM A PHYSIOLOGICAL STANDPOINT; EDUCATION AND BUSINESS AS FREQUENT CONTROLLING FACTORS; INADVISABILITY OF LONG ENGAGEMENTS; OUTLETS FOR NATURAL SECRETIONS IN THE MALE; POSSIBILITY OF ACQUIRING INFECTIOUS DISEASES; AMOUNT OF NORMAL SEXUAL INDULGENCE; NERVOUS WRECKS FROM OVER-INDULGENCE; DUTY TO SOCIETY IN GENERAL.

The sexual impulse and its gratification is the primary and fundamental reason for marriage. It is a normal impulse, to be found alike in man and animal, and in the human animal, if it can not be gratified legally, it is always gratified illegally. It is quite possible that either the male or female can get along entirely without intercourse, throughout life, and be just as well off and happy as if they gave themselves those pleasures; but this is an ideal state that is but seldom attained and then only by those of firm will power, or high moral principles or for other similar reasons. Usually, it is considered that a healthy human individual, whether male or female, possesses a certain animal instinct, a desire for companionship through life, with a home and loved ones around him or her, which aside from any sexual impulse is an impelling reason toward the married state Where the various conditions are favorable to the marriage relation, it is probable that but few deliberately turn from it and pass through life in a state of "single blessedness," as it is sometimes termed. Business or professional cares, physical health, home responsi-

bilities, etc., are frequent handicaps that interfere with what would ordinarily terminate in the formation of conjugal ties.

From a purely anatomical and physiological standpoint, the female is more mature and therefore capable of marriage and rearing a family much earlier in life than the male. In actual life, it usually happens that the women marry at an earlier age than the men, but this is due, largely no doubt, to the responsibilities that rest upon the man in the way of providing financially for the needs of himself, his wife and a prospective family. Now the average male, at the age of seventeen, from a physiological standpoint, should be able to marry and rear a family. That merely means that by that time his sexual apparatus is developed sufficiently for him to secrete live active spermatozoa, which are able to do their share towards bringing a new life into the world. From a broader physiological standpoint, as well as for economic reasons, however, it is much better that the young boy should not marry at that early an age. He is still growing and requires practically all of his vitality to build up new tissue, as well as to replace those worn out each twenty-four hours of the day. While, as stated, from a physiological standpoint, he does possess all the requirements for a mature body and can perform the normal adult functions, still he has not yet reached the proper stage of mental development to take unto himself a mate for the rest of his life. As you will readily understand, it is necessary, under normal conditions, for such a boy to spend further time in school, say from four to six years in college and university; and regularly he would go to the university for some definite purpose, such as to learn some trade or profession, following which he takes up that line of work. After that, it means sev-

eral years of work before he regards himself as sufficiently securely established, particularly in professional life, to consider marriage. This means that he will be from twenty-five to thirty years of age before he finishes his work at the university and is able to really marry and provide for a family in the way he would like.

Now the question is, how is he going to maintain his normal, natural life until that time? During this period, there has been the regular formation and accumulation of the natural secretions of the male generative organs. Some outlet for this accumulated material is usually found, or sought, perhaps, as a result of his environment and companions. There are one of two or three methods open to him: First, he can establish illicit relations with some member of the opposite sex; Second, he can form the habit of self-abuse, or masturbation, as it is more commonly known; and Third, he can live an absolutely continent life. The old time physician, usually in a case of this kind, would recommend to the young man that he seek relief in the natural, physiological manner. It is a natural and a healthy thing for any male to seek the female, and this is particularly true with human beings. In youth, these impulses are more pre-eminent than later in life and yet that is the very time they should be yielded to and intercourse had only in the legal manner. It is claimed by some that it is absolutely necessary, for the proper development of the individual that the outlet of the sexual instinct be accommodated in the right kind of a way, i. e., in the normal physiological manner. Whether this be true or not, another phase of the question will be considered in a later lecture as to the "Continent Life and its Benefits."

In any event, there are more or less friendly rela-

tions between members of the two sexes, both in school and business life. In time, these relations may develop to that extent of intimacy to be expected in courtship and marriage. There is the combination of intimate and frequent contact with one of the opposite sex, with late hours, rich foods, etc., the process being often repeated. As a direct result, there is overstimulation, due to constant irritation or over-excitement of the cortical centers and harm invariably follows. No improper conduct is referred to, but merely the effect of this constant irritation of the cortical centers and reflexly of the various sexual centers. It can be laid down as a safe rule that long engagements are never a good thing, for either the man or the woman in the case. Close physical contact, as is to be expected in the situation outlined, produces over-stimulation not only of the cortical centers, but an engorgement of the genital organs with blood, which is followed by further stimulation of the brain centers associated with their activity.

There is one case on record which illustrates this point very nicely. The woman, who was engaged, was so situated that it was impossible, for financial reasons, for her to be married for a considerable period of time. Her fiance met her every day, and they in fact spent all their spare time together As a result of the caresses which naturally passed between them, she was kept in a constant state of strong but suppressed sexual excitement. After this had been going on for some three or four months, she began experiencing a sense of discomfort after each visit; there was congestion of the uterine wall and vaginal tract; she began to complain of bearing down sensations in the lower abdomen and considerable pain whenever she did any walking; there was constant indigestion, weight in the chest, pain in the head and

eyes, along with a persistent diarrhea. This continued for some eight or nine months, when the fiance was called away and these symptoms very quickly lessened, and eventually disappeared. It had simply been due to the fact that complete satisfaction had not been obtained. Overstimulation had caused and will nearly always produce a congestion of the genital walls, because of the irritation of the nerve endings. This was referred directly to the splanchnic area, to the solar and hypogastric plexuses, which in turn control digestion to a very great extent As a result of this sexual excitement, there is usually gastric disturbance and diarrhea, merely because the sexual excitement is not relieved in a physiological manner.

Of course, there is the further alternative, frequently sought by some through ignorance of the possible results, of the male searching for the female who makes a business of catering to this type of individual. Of course, any intercourse outside of the married state is unusual and improper from the ethical and legal standpoint, and should be avoided. Another drawback along this line, especially in connection with professional prostitutes, is that every single one of them is infected—some of them all of the time and all of them at least a part of the time. Proper care can not be taken to sufficiently protect yourself against one of these individuals and the possible evil consequences, i. e., the very strong probability of acquiring an infectious disease that will be far-reaching in its consequences, and that, in itself, is certainly a sufficient reason why these individuals should be left entirely alone. It is true that an occasional case of venereal disease is secured in normal wedlock, but the chances are so slight as to be practically nil. While the public drinking cup

results in some contamination and should therefore be eliminated from use, yet the number is very slight compared with the enormous amount secured in other ways. The danger of acquiring an infectious disease should, in itself, be a sufficient barrier to outside illicit intercourse.

Venereal diseases constitute one of the gravest dangers incident to gratification of the sexual appetite. If it were not for the ignorance and carelessness of most men, it would not be difficult to avoid them and they would soon cease to exist. The attempt at state regulation of prostitution and the pretended inspection of women of the half-world, in order to prevent the spread of such diseases, is anything but successful. Not only is it impossible to keep strict enough watch on the inmates of such resorts, but it is manifestly impossible to make inspections often enough to be of any real value in any given case, even if it were possible to make a sufficiently thorough examination or by the use of antiseptic washes eliminate all possibility of contagion spreading from any one individual. The organisms producing these diseases become hidden in the deep folds of the mucous membrane of the vagina, so that their complete eradication is impossible. One of the most tragic effects of the two or three common infectious diseases is the contamination of an innocent wife, whose hitherto pure and chaste life is swamped in the mire of another's ignorance or debauchery. Not only is this true, but the children of such a union, even if they do not die just before or immediately after birth, are usually cursed with the handicap of a venereal disease and quite frequently become criminals of the worst type The deplorable fact is the enormous proportion of persons who suffer with these various infectious diseases.

Perhaps the most common of this class of disease is Gonorrhea or Clap, as it is more commonly known, which is the result of a microbe called the gonococcus. Not only does one attack of this disease fail to protect against a second infection but it even predisposes to it. When treated properly, in the first place, it may be cured in a relatively short time, but more often the inflammation becomes chronic and attacks neighboring organs. The results of such an infection in women are even worse than in men. A prostitute with such an infection may and usually does infect an enormous number of men, and these in turn carry those germs home to their wives or assist in their spread elsewhere.

An even more formidable disease is that of Syphilis, which is the result of the Spirocheta Pallida. It is much more chronic than gonorrhea and commences with what is known as the hard chancre, which may be located on the genital organs or any other portion of the body, particularly in the mouth. This disease is much more dangerous and spreads rapidly through the blood and lymph systems. Eruptions appear in a few weeks; ulcers of the skin and mucous membranes occur; diseases of various internal organs may result, the blood vessels may become involved or various tumors (or gummata) may be produced in different tissues of the body. This is a disease that may seem to be cured, but only remains latent for a time, to later appear in different organs, producing new lesions. The earlier stages of this disease may pass unnoticed, owing to their rather painless character. The sores of the first two or three years are painless but highly contagious, so that they may be transmitted by coitus, even unknowingly. It is a disease readily transmitted to the wife or children, or both; or it may render mar-

riage entirely sterile. Owing to the fact that the number of prostitutes is quite small compared with the number of men who visit them, a single prostitute may serve to spread the infection broadcast.

Another type of venereal disease, but somewhat less dangerous and less common than the two already discussed, is what is known as the Soft Chancre. It is so called to distinguish from the hard chancre which is primary to syphilis. It usually consists of an ulcer which remains localized on or around the genital organs, in which the ulcerated parts are destroyed, but the sore heals without so much trouble or danger to members of the opposite sex or children of the individual involved. The one point to be borne in mind in connection with these several infectious diseases is the extreme danger of contracting them and the great difficulty in thoroughly removing them from the system when once affected.

Although such diseases can be handled quite satisfactorily under Osteopathic treatment, it is not a very good idea to do so, not only because of the danger of spreading the infection among your other patients, and particularly women; but a reputation of handling anything of that nature is anything but desirable unless one wishes to specialize along that line.

There is another point to consider with reference to the marriage problem, and that is the comparatively small group of females who have no sexual instinct or desires whatever. Many of these have devoted their time entirely to mental development; have been thrown into contact with members of the opposite sex but little, if any, and even somewhat rarely with those of their own sex; and have but little interest in the consideration of married life. Now, no matter how great a development of the brain there may have been, there is still an unsatisfied

desire in many of these. Such an individual will take up with certain fads, such as "ART," which is merely one way of getting rid of her nervous sensations and incidentally of her sexual cravings, even though she may not recognize them as such. In other words, there is more or less restlessness of the entire nervous organism, and such a person does not know just what she wishes to do—is more or less uncertain. It is absolutely impossible for the big majority of them to pin themselves down to any kind of work, along some one particular line, for any great length of time. This is merely an evidence of natural sexual impulses, in their beginning, which the individual has not yet recognized as such. The art centers of Europe are filled with this kind of women. In many instances, such a woman has made many financial sacrifices in order to go over there to study. These outlets in reality merely serve as safety valves for the female sexual impulses. When such a person finds that she has no artistic inclinations and is not satisfied by study or following the lines she has picked out, when she is unable to accomplish anything from an artistic standpoint, she becomes despondent, and if she does not meet the right kind of a man, she becomes more or less of a nervous wreck, at least for a time. In passing, it may be noted that pleasure which is purely mental is always followed by more or less mental despondency, while pleasure where there is a certain amount of sexual or sensual enjoyment does not result in this same mental despondency. Following gratification of that kind of pleasure, along different channels, there is a period of contentment and happiness. In the gratification of the sexual appetite, there must be a mental as well as a physical side to it, in order to secure the greatest amount of pleasure.

So far, we have covered in a more or less general way the development of the sexual instinct. Another question which you will meet more or less frequently is regarding the natural relations between husband and wife. You will find any number of patients who will come to you for advice as to how often they can indulge themselves without any ill effects being produced. As a matter of fact, no hard and fast rules can be laid down on this subject. The amount of indulgence which is normal is a question which is entirely an individual one, just as is the amount of indulgence in alcohol, tobacco or anything of that sort.

The nerve energy which is expended with each orgasm is greater in the male than in the female, so that the male requires a greater amount of rest in order to be at the height of his powers each time. There is not the same amount of loss of albuminous substances in the case of the female as in the male. A single orgasm, according to the latest authorities, contains from thirty million to five hundred million spermatozoa. These are composed almost entirely of albuminous material and the substance in which they float or swim is also soluble albumen and globulin. These are taken out of the blood stream and from the nourishment of the testicles and all other cells of the body, particularly of the nerve cells, which are concerned with the manufacture of spermatozoa. Therefore, the loss of an excessive amount of seminal fluid means that there is a drain on the nerve system direct. It is due to this drain that there is such a tremendous nerve shock as the result of frequent orgasms. This effect on the central nervous system—the loss of these elements, must be replaced by rest or there is a tendency toward a severe derangement of the central nervous system. If the nervous sys-

tem is weak in the first place, the drain is greater than if we have a normally healthy nervous system. Perverts who have not had a good family history behind them, where there has been a certain amount of hereditary predisposition along these lines, will suffer a greater amount of harm than will a normally healthy individual. Some individuals have the ability to stand a greater amount of exercise or exertion of any kind—they are more phlegmatic and their nerve centers are not as easily irritated as are those of other types. Such an individual can stand a much greater amount of sexual indulgence than the other.

As an illustration of this fact, I need only mention that in every city there are a certain number of women, nice looking and apparently healthy, who do not seemingly show any ill effects from the life they lead and the frequent amount of indulgence along sexual lines. I refer to the type of women who live upon what they are able to make from men, who have their own apartments, some of them in expensive locations or surroundings, and who dress luxuriously. They probably have intercourse anywhere from one to a dozen times each night, and yet as a result of this excessive indulgence, they seemingly show no ill effects, at least for some time. This type of woman is well developed physically and does not show any symptoms of emaciation or nervous depletion. Of course, they all eventually break down prematurely, if they continue that method of existence, but it is usually traceable to infection and alcoholism. The average female could not stand those conditions indefinitely and if a man should attempt to live the same kind of a life and have the same number of orgasms as do the females in question, he would not last nearly so long. He under-

goes a greater strain—there is a greater loss of nerve energy with the male.

Age is also a question which enters largely into the question, as well as the physical and mental condition of the individual. No one, so far as I know, has any record of the number of times an individual could enjoy himself without showing ill effects. Between the ages of twenty and twenty-five, any given individual can probably indulge in and fully recover from three or four times as much sexual intercourse as would be possible after forty. It is largely an individual question, however. Given two normal, healthy individuals of the opposite sexes, it is only natural that they should enjoy themselves along these lines, and the extent of their enjoyment should be determined by their own health. It depends, of course more or less upon the nervous makeup of the individuals themselves, as what would be normal for one would not be, necessarily, for another. It is extremely hard to get any real definite facts as to the sexual life of most individuals. If he or she does not speak, there is no way of obtaining the desired information, and even if either does speak, there is more or less doubt in your mind as to the truth of such statement. It is only natural that this should be true, that people should be more or less secretive on this subject, because it is a matter primarily between the two of them; and aside from that fact, most people consider it improper and immodest to discuss those subjects, even with the family physician. You will find that people will answer questions freely and frankly upon every other subject except this one; and along this line you can get but little information from either party, unless there is a pathological condition.

This question is largely an individual one and can be determined only from the conditions in any given

case. Quite naturally, married life will be much more interesting and active, at first, than later. Possibly during the first year, intercourse may be indulged in on an average of two or three times a week, during the part of the month when such things are possible. By the second or third year, the average will probably have dropped to once a week or perhaps once every ten days or two weeks. However, the question as to whether it has been indulged in to excess can be determined only from the condition of the particular individual. I recall one case, where the parties told me that they had indulged as much as from one to three times a night, for the first few years, and they had been married for about twelve years when I saw them. The man was simply a nervous wreck and the woman was nearly as bad. Such an amount of over-indulgence, of course, had an influence for bad on all their after life and that of their children. This, of course, would be what we would call rather excessive.

An important, and perhaps the determining factor in the question of sexual indulgence is the number of children which are produced and which the parents can properly provide for. When an individual marries, he has a duty to society, to the state and country, which he should perform. The number must be determined, of course, by the health of his wife and the thickness of his own pocketbook. With some families, there is no apparent desire or attempt to limit the size of the family; but you will frequently find cases where, owing to the physical discomfort or fear of becoming mothers, or because of financial difficulties or because of the health of one or the other parent, there is an insistent demand made upon the physician for measures to prevent conception or avoid its consequences. This question will be considered more fully in a future lecture.

CHAPTER III.

THE DIVORCE QUESTION

Causes and Prevention of Divorce; Errors in Early Female Education; Sexual Inequality; View of Early Writers as to Female Sexual Impulses; Feeling of Mutual Dissatisfaction; Yielding to Temptation; Establishing Correct Domestic Relations.

In taking up the subject of divorce, we are not, of course, interested in the various external causes that may arise from time to time, but more particularly those which result from ignorance, indiscretions or perversions along sexual lines. We have previously mentioned the principal classifications of females on a sexual basis and the fact that something like thirty per cent of married women fail to get the proper amount of pleasure out of the act of copulation; and we have seen that in a large measure this is due to their early education and environment and the lack of knowledge on their part of the proper manner in which to get the most enjoyment therefrom. It is from this class of women that we have the large number of divorces on grounds of incompatibility of temper and for various other reasons that only serve to cover up the real issue at stake. Had such an individual received proper instruction prior to her marriage, she might have avoided the possibility of such complications by remaining single, of course; but the chances are that even in the married state she would have been able to have so guided family affairs as to have avoided the many pitfalls that normally lie in the way. It is a fact worthy of mention that even mothers very reluctantly talk

freely with their daughters upon a subject of such vital importance, so that most girls receive but meager, if any, instruction from the proper sources. Even if the curiosity of the growing girl at the crucial period of her life is not met with a reprimand, she is as a rule put off with a few words as to her personal care.

Mothers, at the time of commencement of the menstrual function and continuing thereafter until the daughter is ready for marriage, should make it a point to give her full and detailed information as to the female and male sexual peculiarities as to structure and function. In like manner, the son should be instructed by the father, so far as he is able as to his part in the reproductive process, rather than leaving it to the former to acquire such information in his own way and from personal experience. A knowledge of such things on the part of both man and wife or even of either, would prevent most of the early marital troubles which may ultimately end in the divorce courts. I have been told that an eminent Chicago physician, who was for some ten years a court representative in Iowa, is responsible for the statement that 68 out of every 100 divorce cases coming under his notice were charged by the complainant with having originated from indiscretions committed the first night after marriage, and that those acts might have been avoided if the individuals had been properly informed in advance as to their respective functions. It is a well-known fact that first attempts at sexual congress are but rarely successul or entirely satisfactory. If the woman has retained her virginity up to the time of marriage, there may even be failure to have a satisfactory copulation for a week or two, because of the physical obstructions and the pain consequent thereto. There

is, however, no occasion for alarm; and if neither party has had any previous experience, the pair may consider themselves very fortunate if successful mutual orgasms are secured, even after as many as ten or twelve trials. Now, in such a case, if due patience and care are exercised, the greatest pleasure will follow their early attempts and no seeds of discord will be sown to ultimately bear fruit in the divorce courts. Then, too, if the male does not expect too much and insist upon having his "rights," in season and out of season, at inconvenient times and when there is lack of desire on the part of the female, during their later years of married life; but rather endeavors to accommodate himself to the conditions as he finds them and sees that the wife receives her share of marital pleasure, he will find that sexual troubles and disagreements will have but little bearing in their affairs.

A careful study of the two sexes, their education, habits and lives in general will quickly demonstrate that much of the distressing discord of early married life in particular, is primarily due to their unequal sexual desires and pleasures. Not only do the two sexes develop along different lines, but the condition under which this takes place are vastly different. The female inherits and likewise has continually instilled into her a disposition to disregard matters of sex, as immodest and vulgar; and whatever inclination she may have to investigate such matters for herself are not encouraged, because women do not discuss such topics to any great extent or merely allude to them in an indefinite manner.

On the other hand, young boys get out together quite frequently, such as in fishing, swimming, etc., and have better opportunities of learning of these things from their companions and particularly from

older youngsters; they talk of such matters more freely among themselves than do the females, and frequently tell stories that are woven about the sexual relation, although the truth is not always told in its entirety. In answering the calls of nature, the young boy has occasion to handle the generative organ frequently and in the course of time sexual excitement is induced, which of course only leads to further investigation. In time he may learn the habit of self-abuse from his own investigations or from his companions; and even acquire some knowledge of the opposite sex, although usually somewhat indefinite and incorrect.

In the meantime, the female urinary apparatus, requiring no manual manipulation for the proper voiding of its excretion, the girl's requirements having been taken care of without the necessity of handling the parts; and not receiving the constant irritation and stimulation of the boy's existence, there is not the same inducement to functional activity of the sexual apparatus in the female. In the natural course of events, the girl is not so apt to discover by herself the causes of peculiar sexual sensations, and the chances of learning them from another are rather small compared with that of the boy.

Then, too, the "double standard" of morals, as it is termed, generally recognized for the members of the two sexes, is an important factor in the after life of each. With the female there has been but little occasion for frequent sexual activity, as a rule, and her habits of thought and earliest teachings have been in the direction of the inhibition of sexual desires of all kinds. You will be told by many married women that so far as they themselves are concerned, there is absolutely no sexual sensation. After marriage, they

simply undergo or perform the act of copulation because the husband desires or insists upon it; they themselves do not get any pleasure out of it. Some women have been married for twenty to twenty-five years, and may even have had several children, without ever having experienced an orgasm. This is primarily due to the fault of the male and not to the fact that the female does not have any sexual sensations whatever. The early writers, particularly in the earlier part and up to the middle of the eighteenth century were fully agreed upon the fact that all good women had absolutely no sexual impulses or sensations. At first, the deification of woman from the religious standpoint, the fact of the deification of the virgin from the standpoint of Christianity, all had their tendency to show that the feminine part of the human race had absolutely no sexual impulses—they were supposed to be absolutely cold. It was regarded as absolutely indecent for any woman to experience or express any appreciation or pleasure from such an act. It was not until within the last few years, when there has been more research along these lines, that it has been proven satisfactorily to the scientists that the big majority of women are just as capable of enjoying sexual intercourse as the male. It requires, however, a certain amount of aid and assistance along those lines for practically all married women—provided they have not been previously educated before marriage. As a result of the early education of the female, her heredity and environment, we have had generation after generation, almost since the world began, wherein this same process has been followed; so that such desires as the female possessed were not recognized as sexual impulses and no opportunity was given for their expression.

As a result of these differences, with the male somewhat educated along sexual lines and perhaps having had frequent experiences with members of the opposite sex, and having generative organs that already are functionally active, so that but little stimulation is required for their excitation; and on the other hand, the female lacking these experiences, with her distinctive organs comparatively rudimentary and incapable of timely activity, combined with her disposition to repress her natural feelings and emotions, we have an unfortunate situation with which to deal. Under these conditions, neither party obtains the proper physiological benefits from intercourse in the beginning, and if not experienced later on, a certain amount of indifference, disgust or repugnance takes the place of the bliss that should normally exist, and in such a family you will always find more or less dissatisfaction existing.

If, on the other hand, the sexual relations in the home were entirely satisfactory, if both parties were getting the highest possible pleasure from the act, there would be but little yielding to temptation on the part of either. If the sexual act at all times gives pleasure to both parties concerned, it will be sought for their mutual happiness, but unless such is the case, entire harmony can not long continue. In such a family, there will always be more or less trouble, even over very little things. There will be a gradual drifting apart of the two individuals, and in time there may be the establishment of illicit relations on the part of one or the other with some third party, which would not have happened, had there been no temptation to seek that which could not be attained properly. Because of their differences as to education and environment as we have seen, it usually happens that it is the man, who, be-

cause of inability to satisfy his needs at home, first strays from the straight and narrow path, but if there is complete satisfaction and relaxation as a result of intercourse in the proper and legal manner, there is but little chance for the man yielding to any wiles and straying to other pastures. If that one idea could be sufficiently well implanted in the feminine mind, there would be a perceptible dropping off in the number of divorce cases.

This question of sexual inequality will be one of the things which you as physicians will be called upon to help adjust for your patients. The only way you can get satisfactory results in such a case is by establishing correct domestic relations. All the Osteopathic or medical treatment in the world will not overcome such conditions, unaided. In fact, there is just one sure way in which you can expect to get satisfactory results and maintain that condition of affairs. First of all you must get the confidence of one or both of the parties concerned. You simply can not go at them rough shod, because that part of one's life is commonly held sacred—in fact it is one of the things which are not talked about as it should be, even between husband and wife. You will find that the wife will usually tell some things to the physician that she will not mention to her husband, and in such a case, the physician must act as the go-between. Sometimes you will be able to get the man to talk and at other times only the wife. After ascertaining the facts in the case, you can either suggest a way out of the difficulty to the party complaining or by later getting into communication with the other member of the family, you can bring up the questions involved in an indirect manner that will enable you to get some information from that party on which to base further sug-

gestions for their mutual good. Such advice, along with frequent and regular Osteopathic treatments, particularly in the lower dorsal, lumbar and sacral regions, to improve the blood and nerve supply to the sexual organs, even in the absence of definite lesions, should in time produce most satisfactory results.

However, if you are treating a married lady, where there are no physical lesions to account for her condition, if there are no children and have not been any, if there are no lacerations of any kind, and if there are no osteopathic lesions in the regions previously mentioned, you can rest assured that the condition of your patient is due to irregular or unsatisfactory relations between the husband and wife, and your method of treatment must then be carefully planned and carried out. Advice along sexual lines will then be of ultimately greater value than professional treatment of any kind. If the couple have been married for some years and even have children, and yet have had no real pleasure out of the sexual act, you can depend upon it that there is something radically wrong with the sexual training or habits of one or both parties. You will find that many of the female sex think that the act is necessary just because of the animal part of the man, or she may have taken part only because she thought the husband would go elsewhere if she did not. In that case, the fault is largely with the husband, who has failed to prepare the feminine member for proper sexual relations. Not only had she failed to receive the proper education and training, but the husband had failed to give sufficient stimulation before and during the progress of the act. In a later lecture we will discuss the proper methods to pursue in such a case, but it consists largely in the prolongation of the in-

troductory performances to the sexual act—which will do more than any other one thing toward the establishment of happy contented homes. We are all human and have mental and physical sides to our natures, which must be provided for. Unless both sides of our nature are properly taken care of there is more or less dissatisfaction, but when such an individual has found one of the opposite sex who will supply those needs, he or she is sure to be happy. The degree of satisfaction will depend largely upon the completeness or degree of interchanges of that need and supply.

You, as the physician, therefore, must act as the go-between in satisfactorily adjusting these marital relations. Most women will not talk as they should to their husbands—they are more or less mysterious. Their sexual impulses have been so inhibtied as a result of their life education and environment from the time they were born until they die that it is impossible for them to over-step this mental barrier which has been erected around their sexual impulses. When the husband can break through this barrier, he has gone a long way towards establishing the right kind of relations between himself and his wife—but this he can only do when he himself thoroughly understands their sexual differences and the reasons therefor.

CHAPTER IV.

PREVENTION OF CONCEPTION

Horror of Pregnancy on Part of Female; Proper Time for Intercourse; Consideration of the Jewish Law and Practice; Methods of Prevention Generally Used; Use of Antiseptic Douches; The Value of Bichloride Solution; Practice of "Coitus Interruptus;" Only Sure Method of Preventing Conception.

Another thing which interferes with the proper and fullest enjoyment of the sexual act is the horror which many women have of a possible pregnancy. With most women who are having sexual relations, the question as to whether they have become "caught," as indicated by the non-appearance of the menses, is one of grave importance. It is but natural that this should be so, as pregnancy marks an important epoch in the life of a woman, and with a large per cent it certainly causes very great anxiety. However great the desire may be to have children, there are usually conditions which govern the preference for timely occurrence, so that it would be regulated if such a thing were possible. Limitation of the size of the family is often desired, for various reasons, such as the physical discomfort incident thereto, the pain of parturition, social ambitions or perhaps at times because of economic conditions, so that the subject is one which must receive considerable attention on the part of the physician as well as the layman immediately concerned. With such a mental viewpoint firmly implanted in the feminine mind, it is quite natural that there would be considerable interference with any possible enjoyment which either

the husband or wife could extract from the act. When that fear or feeling is present, it must be removed, at least to a certain degree. Most women seem to have the erroneous idea that if there is a lack of sexual feeling or impulses on their part, that this alone will interfere with the possibility of conception. It is not surprising, then, that they should assume an absolutely passive attitude toward the performance of what should be a period of intense pleasure to both parties concerned. Contrary to common belief, it is not necessary for the female to have orgasm for fertilization to occur. If spermatozoa enter the uterus, during or following coitus, the chances are very favorable for their passage on up into the Fallopian tube; and if they there meet and fertilize the ovum, conception will take place.

Because of these facts, it is important to determine just when is the proper time for intercourse to be had, particularly if there is a desire to avoid fecundation. It is usually true that during the time of menstruation and immediately prior to and following that period is the one time in the month when the woman has the impulse or desire for intercourse, i. e., the normal desire which has not been aroused by artificial stimulation, and this is the very time when there is the greatest danger of fertilization occurring. Under the conditions of education and environment which we have already discussed, during the menstrual period is about the only time that the average woman has any desire for sexual pleasures, and this is really the result of the hyperemic condition of the walls of the uterus and vagina. During menstruation, there is an engorgement of these parts with blood, which means more or less irritation. Impulses are generated and sent over the sensory nerves to the lumbar region, and then to the higher centers

of the brain. If a woman has any sexual desires at any period of the month, it is at this particular time—just when there is a great liability of impregnation. But there is a consciousness of being unfit, or a fear of contamination or causing disgust in the mind of the other individual, which prevents the proper mood for intercourse during the continuance of the flow. Then, too, there is the same feeling of disgust, on the part of the male, in connection with the menstrual flow that is in evidence as a result of the presence of any of the other excretions of the body, so that for these reasons, intercourse during the continuance of menstruation is rather uncommon.

However, during the period immediately following cessation of the menses, while the physical condition is still such that her natural cravings are somewhat urgent, the wife is inclined to delay the reestablishment of regular intercourse, because of the fear of a possible pregnancy. It is just at this time that she would derive the greatest pleasure from copulation, but owing to this fear, she represses her own feelings and likewise withstands the importunities of her husband, and delays matters until the time she considers safe, when, if performed at all, indulgence is more or less difficult and unsatisfactory. Now the impression seems to prevail quite extensively and it seems to be well founded, that there is less liability of the woman becoming pregnant if the period during which intercourse is permitted is limited to something like ten days or two weeks between periods. This is determined by resuming relations after from six to ten days following the cessation of menstruation and continuing on up to from one to three days just before the onset of the next flow. Of course, this rule does not apply to all women and is not absolutely true, but is found to hold good in

the big majority of cases and is therefore the rule followed in the big majority of instances where there is a desire to avoid conception, without a willingness or determination to go a step farther and absolutely destroy the product of conception, should it occur.

The fact must not be overlooked that spermatozoa will live as long as two weeks within the Fallopian tubes or within the cavity of the uterus, the mucous secretions of which are slightly alkaline in reaction. Spermatozoa are active, motile organisms which swim against this uterine secretion and passing up through the uterus, enter the Fallopian tubes, where fertilization occurs. Owing to the length of time the spermatozoa can maintain their life and activity under these conditions, there is plenty of time, when copulation has occurred at any time during the month, for them to remain in the uterus or tubes and there meet the ovum which has been thrown off during a following menstrual period and become impregnated, so that there is little, if any time, when there is no possibility of conception taking place. The danger, of course, is much less during the ten days or two weeks between periods than at any other time, owing to the fact that it is possible the spermatozoa may not enter the uterus and hence can not meet the ovum, but this possibility is always present.

The Jewish people have a law, which is almost universally observed by their women folks, even though they ignore all others, which prohibits sexual congress for a period of seven days following the close of the menstrual period, as well as during the continuance of the flow. They regard the period of menstruation as lasting through about five days. It may last only two or three or perhaps four days, or it may extend over a period of a week, and still be normal for that particular individual. However,

their law specifically prohibits sexual intercourse within seven days after the menstrual period is over. This means that a period of at least twelve days must be observed, during which no indulgence is permitted. If any discharge is noted during the inter-menstrual period, seven days must again be kept, but not the five just mentioned in that event. Then follows, on the night of the seventh day, the "bath of purification," and on the following night sexual intercourse is permitted. Now although there is thus established a period of twelve days each month, during which there is no possibility of copulation, the Jews seem to have just as large families as any other people. The mere fact that intercourse is permitted during the middle of or between the menstrual periods and up as close as possible before the commencement of the next menstruation does not mean that there is no danger of impregnation during this period; but this is regarded as the time of the month during which there is less danger of fertilization following coitus.

This will be one of the questions which you will have to answer more frequently perhaps than any other one thing, when in practice, i. e., the proper time for intercourse, without there being too great danger of impregnation occurring. In order to definitely determine the facts along this line, various post-mortem examinations have been held upon women, in the public hospitals of some of the larger cities. Women were used who had died during the period of menstruation or a day or so afterward, and it has been shown that during this period, the process of ovulation occurs—that is, formation of the ovum, due to the rapid development of the Graafian follicle and its final rupture. It has been a question which has not yet been satisfactorily settled as to

whether menstruation is a process of making ready of the ovum before it is fertilized, or whether it was a process of preparing the uterus for the reception of the ovum in case it should become impregnated following menstruation. These experiments were performed in the larger hospitals, particularly the Bellview Hospital of New York City. There were something like five hundred cases carefully followed along these lines, and spermatozoa were found in all parts of the female genital tract. This merely shows that there is always a possibility for fertilization to occur as the result of normal intercourse—it may even occur and has occurred without normal intercourse. There are cases on record where a woman has been confined, and on examination an intact hymen was found. There had not been perforation by the male organ, and yet the spermatozoa had worked their way through the small orifices of the hymen, through the vagina and uterus up into the Fallopian tube, and there had met and fertilized the ovum. This merely demonstrates that complete perforation of the hymen is not necessary in order for the semen, containing spermatozoa, to be deposited high up in the vaginal orifice.

Another method of fertilization is made use of by many stockmen. For example, breeders of fine horses have been able at one covering of a mare by a valuable stallion, to secure enough fluid to impregnate several mares. After the act is over, with a carefully sterilized syringe, they remove a certain amount of the semen deposited and inject it directly into the vaginal tract of other mares who are in heat. In this way it has been found possible to serve four or five animals with one ejaculation; and those who are in a position to know, say that horses can be secured with just as good results in this way as by having the

stallion cover each mare in the regular way. It is a fact that impregnation can follow the mere deposit of the semen or spermatozoa in a live active state in the vagina, without having been placed there in the normal way.

This fact led to the establishment of a certain kind of a sect which had its origin in Boston; a female being the founder. Their belief was that as a normal woman from the standpoint of this sect, was absolutely without sexual desire or feeling; that so far as her sexual impulses were concerned, she had no sexual sensations, and was absolutely cold and frigid, it was their idea that all males should be castrated except one, and this particular one, of course, should be the most perfect physical specimen of all. This individual was to be kept strictly for breeding purposes, just as is done by stock breeders. Then, when any woman wished to become a mother, the spermatozoa of this particular individual were to be taken and, by means of a syringe, inserted directly into the reproductive organs of the female who wished to be impregnated. Quite naturally, this sort of a sect did not continue to exist very long.

Despite the various statistics which have been collected there is considerable uncertainty as to just when there is no probability of conception taking place following coitus, but there is an interval between any two regular menstrual periods, a period of at least two weeks, in which there is less liability of impregnation or fertilization occurring as the result of natural sexual intercourse, during which time there is no particular need of using any method to prevent it. You will, in all probability, be asked as to whether it is the correct or natural thing for married individuals to have sexual intercourse only when they expect or desire to have children. All of

us know that in certain kinds of animals, in fact in almost all types of the lower animals, there is only a certain season of the year when the female will permit intercourse on the part of the male. Reasoning from this fact, some few who claim to be authorities, have stated that sexual intercourse among human beings should be absolutely prohibited with the exception of those times when impregnation was desired, so that children would naturally follow. If that were true and were generally practiced, in all probability the big majority of us would not be counted among the present generation, and the race would soon become extinct. It is a fact that the big per cent of conceptions are the result of an accident, rather than of deliberate intention.

Before taking up the question of methods employed for the prevention of conception, it might be well to indicate something of the effects of the dissemination of such knowledge. There is already a considerable amount of information, however erroneous it may be, among the general public along this line and its effect can be easily demonstrated by a comparison of facts in the last United States Census with that of fifty or even twenty-five years ago. You will find that statistics show that France is not the only nation which is facing the question of an extraordinary decrease in its birth rate. The very same thing is true in this country, although not to so great a degree. The records of the families of only a relatively few years ago will show a much larger number of children to each family than is true today. There were, it is true, a much larger number of deaths than today, but there was relatively a much greater difference in the birth and death rates of that time than of the present generation. It is a fact that we do not now have a normal amount of births—the birth rate is

not just what it should be—but this does not mean that the sexual habits of the human animal have changed any from what they were before. It is merely a case where the environment has changed somewhat. Today, there is a certain amount of economics which enters into the question of the size of a family. The head of a modern family can not support one the size of those of your grandparents of a generation or two ago, in the manner which is considered necessary at the present time. Under normal conditions, every two or three years, during the period in which it is possible for individuals to have children, a new one should appear. This rule does not seem to hold good today—there is a marked decrease in the size of most families. Whatever the reason assigned, it is true that the larger number of children to the family that were formerly found are not desired today; and just how to prevent having too large families, or in some cases how to avoid having any at all, will be a question which you will be called upon to answer for a great many of your married patients.

The first symptoms of pregnancy is the non-appearance of the menstrual flow; and as soon as this happens, as the big majority of women do not wish an increase in the size of the family, they do almost everything they can think of or are told to do, in order to bring about the menstrual period. The use of Sitz baths, hot water baths of various kinds, the use of various drugs—whether home remedies or on the prescription of a medical doctor—will not in the vast majority of instances overcome impregnation, if it has already occurred, provided there has not been a previous abortion. The mere fact that the medical journals, particularly of the quack variety, as well as many magazines and newspapers are flooded with

advertising of various drugs or implements which are represented as unfailing along these lines, is one of the best evidences that the big majority of women do use these preventives. Most of the drugs used contain cathartics—the action of such a drug is not specific upon the wall of the uterus, nor does it produce uterine contractions, except as a reflex from the contractions of the intestinal tract. The use of a drug like ergot, which is the one most commonly used to bring on the normal flow, is extremely dangerous, because such a drug acts not only upon the muscle fibers of the uterine wall, but also causes violent contraction of all smooth muscle fibers of the body, including those of arteries and capillaries. As a result there is a marked contraction of those muscle fibers, which throws a great deal of additional work upon the heart. Such a drug also has a decidedly stimulatory effect upon the heart. In the big majority of instances, a dose of ergot strong enough to induce severe spasmodic contraction of the muscles of the uterus is also strong enough to affect the natural rhythm of the cardiac action. At first there is an increased, rapid pulse, with more or less sense of discomfort and in some instances severe pain around the heart. This is simply due to the direct action of the drug upon the smooth muscle fibers present in the heart. If the cardiac muscles were made up of smooth muscles entirely, the use of ergot would be followed by death, so that because of its specific action upon smooth muscles, its use is always attended by great danger.

The methods of preventing conception most generally used consist of the wearing by the male or female of something to prevent the entrance of the spermatozoa into the uterus, or of some vaginal wash to remove the semen after its deposit therein. In

connection with the use of local protective coverings for the genital organs of either sex, it might be well to state that they are more or less unsatisfactory. Not only do they detract from the pleasure of the act, more or less, but they do not afford absolute protection, and they set up a certain amount of irritation of the organs with which they come in contact. The use of a condom, or thin sheath of rubber over the male organ is a method quite frequently used. While it may afford some protection to the male from the danger of infection, its real value to the female is more or less uncertain, owing to the danger of breaking while in use. It has the further disadvantage of not being always at hand, is not easily adjusted, and it does not give the same soft friction which one would expect without its use. It detracts greatly from the pleasure and satisfaction that should be derived from the act, so that from every standpoint its value is quite questionable.

Soft rubber "night caps" as they are termed, which are designed to fit over the neck of the uterus, or small sponges with a string attached to facilitate removal, which are sometimes placed in the cervix of the uterus are not very satisfactory. Not only is it rather difficult to properly place either of these in position, but there is some question as to whether they will remain in position. The use of any substance in the cervix of the uterus is really exceedingly dangerous, as there is always the possibility of injury or setting up an inflammation. If placed properly and retained in position during the performance of the act, they may prevent the entrance of spermatozoa, but they are not safe as protective measures. About two drams of human semen is the amount usually ejected at one orgasm, which contains from thirty million to five hundred million active sperma-

tozoa, any one of which could come in contact with and fertilize the ovum. It is almost impossible to wash out all the seminal fluid following intercourse; even with the cleansing of the vaginal tract with an antiseptic wash, after the protective article has been removed, there is still a possibility of a few remaining and getting up into the uterus. In spite of the inconvenience of properly placing any of these articles and their questionable value, they are still used quite frequently because of the fact that they serve to counteract the fear of conception to a certain extent.

As to vaginal washes, various antiseptic solutions are frequently used to remove the seminal fluid which has been deposited in the vagina. These are in the nature of douches, used immediately after intercourse, and while not entirely sufficient to prevent the possibility of conception occurring, are probably more satisfactory than any of the mechanical devices we have previously discussed. As commonly used, they consist of water, usually mildly warm or as hot as can be borne conveniently, with the addition of some antiseptic or an acid, like the acetic acid found in vinegar, with the hope of sterilizing any seminal fluid not actually washed out by the water. Various liquids are made use of, but in general, anything strong enough to kill the spermatozoa will work considerable harm to the tissues with which it comes in contact. You must remember that the main constituent of the spermatozoa is the same as the mucous membrane of the vagina. Any antiseptic which is strong enough to kill the spermatozoa is also strong enough to set up an irritation ofthe vagina, no matter what a salesman may tell you as to the efficacy of a particular kind of dope he is handling, and consequently should not be used.

Merely warm water, without the addition of any substance, is sufficient to cleanse the parts and remove the seminal fluid from the surface, but will not get down into the numerous folds of the mucous lining of the vagina, thus making a thorough irrigation of the parts rather difficult. Then, too, you must remember that there is one other possibility which frequently occurs, and no matter how many douches are used in that event, conception can not be prevented. In complete copulation, there is more or less activity of the uterus, which drops lower down and extends itself to almost the same angle as that of the vagina, with a certain amount of opening and contracting of the muscle fibers of the cervix, along with the excretion of a clear mucous fluid from the uterus when the climax is reached, so that there is a strong probability of spermatozoa being sucked directly into the uterus. As this activity of the uterus ceases immediately after orgasm, it is quite evident that any fluid used as a wash, no matter how soon after completion of the sexual act, could not reach and wash out or inhibit the action of any spermatozoa which have already passed directly into the uterine cavity, and for this reason the value of any wash is more or less questionable.

There is a way, however, by which the action of the spermatozoa can be inhibited, and that is by the use of a douche of sodium chloride, at a temperature of about 100 degrees Fahr. Now, a normal physiological salt solution will only serve to increase the activity of the spermatozoa, just as it will increase the activity of any living cell placed in it. But a saturated salt solution will cause a certain amount of albumen coagulation and yet not be sufficient to destroy the mucous lining of the vagina. It will, however, inhibit the activity of the spermatozoa.

If a douche is used at once, just after the sexual act has been performed, it is probably the safest and best thing to do, but unless used immediately, it is absolutely valueless.

As already indicated, it is impossible to use any chemical substance which will destroy or kill the albumen of the spermatozoa which will not have, at the same time, a corrosive effect on the lining of the vagina, and in that event, the antiseptic would cause more trouble than it would prevent. Some people have been known to make use of a bichloride solution for a wash; but it is extremely dangerous and should never be used, under any circumstances, no matter how diluted. There is always a tremendous amount of absorption by the walls of the vagina; it is taken into the blood stream and it will be invariably followed by trouble, the least of which are the salivary symptoms. A severe type of mercurial poisoning is set up, and there is the very great danger, always present, of the mercury in the blood stream combining with the protoplasm of the spinal cord, resulting in its destruction and consequent nerve symptoms. It is absolutely criminal for anyone to use mercuric bichloride as a vaginal douche, no matter how great the dilution.

There is a rather prevalent practice, known as "coitus interruptus," which is undertaken with the determination of preventing the possibility of conception. It consists merely of inviting sexual excitement and then failing to complete the act in the natural way, by suddenly withdrawing the male organ before the critical moment has arrived. This is one of the things, however, which should never be practiced. In the first place, it is extremely disgusting to the feminine member of the party, and there is more or less incomplete satisfaction, as far as

the male is concerned. The discharge occurs in many instances before there is entire withdrawal, and the discharge of merely a part of the spermatozoa within the vagina does not materially decrease the liability of impregnation. Even the discharge of the seminal fluid upon the external opening of the vagina may be followed by them working their way up into the vaginal tract and impregnation may occur, on account of the ability of the spermatozoa to live for some little time, as we have already discussed. Such a method is always attended by the disgust which is commonly felt for any of the excretions of the body, and is disturbing to the female in particular from a psychical standpoint.

Then, too, such an act means incomplete satisfaction as far as the feminine member is concerned, because it requires so much less time for orgasm in the male than the female that the walls of the vagina and uterus and the entire lower portion of the genital tact is left charged with blood. The sudden cessation of the act, before this congestion is relieved in a normal physiological manner, means that the female is not completely satisfied. If this is kept up for any length of time, there is an extremely nervous condition developed because of this engorgement of the walls of the female genital tract. There is even interference with the secretions of the gastric cells and also of the intestinal cells and nervous indigestion very frequently develops, or there may even be an intense and persistent diarrhea. This sort of practice, therefore, should be entirely discontinued. It is much better to depend upon the use of douches, the condom, French night cap, or the use of hot saline douches, which more or less thoroughly cleanse the vaginal tract. While it is true that this method, if carefully followed will prevent conception in the big

majority of cases it will likewise destroy what little happiness may have previously existed in that home. The consciousness of lustful, selfish indulgence will disturb the minds of both the husband and wife and produce discord, rather than harmony and happiness.

Further in connection with the question of methods of preventing conception, we should state that the only SURE way is the elimination of all intercourse. Of course, if the fluid of the male does not enter the female genital organs, there is no possibility of conception occurring. If there is any good reason for a couple not having children—if it is absolutely impossible for them to have children—it is simply up to the husband to do his part towards preventing conception. There are only two ways by which conception can be absolutely and safely prevented, one of which is by the individuals not exposing themselves to temptation or having intercourse at any time, and the other is by means of an operation. This is in the nature of the removal of the ovaries of the female or of the testicles of the male, which would not interfere with the performance of the sexual act, but necessarily would eliminate for all time the possibility of conception taking place. Where the two parties concerned wish to enjoy themselves with absolute safety, this is the only way out. You will find, of course, that but few people care to resort to these extreme measures to attain that desired end; and then too, such operations are not advisable from a physiological standpoint, as we shall later understand from a consideration of the internal secretions of those particular organs.

Just as long as we are normal individuals, as long as we have within each of the sexes their specific sexual organs producing their peculiar type of se-

cretion for which there must be some normal outlet and as long as we have implanted within us an impulse or desire for intimate relations with one of the opposite sex, just that long will it be natural and proper for the gratification of that impulse and there is no reason why it should not be satisfied in the normal way. The only truly happy marriages which exist are those where there is complete physiological gratification of the sexual impulse within reasonable limitations, in other words, the gratification not only of the mental or spiritual nature but of the physical or animal needs of the individual. Just how this is to be done must be determined by the two persons immediately involved in any given case, and one of the foregoing suggestions will usually be found to give the necessary information.

CHAPTER V.

ABORTION

Result of Unwillingness to Bear Children; Infection in Male as a Causative Factor; Some Reasons Offered as to Necessity; Abortion Specialists; Diseases Resulting from Production of Abortion; Curettement; Legal Justification for Its Performance.

We shall now take up the consideration of a subject with which you, as practitioners, will have to deal very frequently, and regarding which you will have to definitely make up your mind as to your course of action quite early in your actual practice. There is probably no other one question in regard to sexual matters about which you will be consulted more frequently or persistently than as to the production of abortions by men and women who for one reason or another are unable or unwilling to assume the duties of parentage. Modern social conditions render most young wives somewhat sensitive regarding the assuming of maternity immediately after marriage and in many cases it will not be willingly assumed at any later period. Measures are frequently undertaken to avoid such a result, and it is astonishing sometimes to learn to what lengths they will go in their efforts to overcome pregnancy, having previously failed in their endeavors to prevent conception along the lines we have already discussed. You will frequently learn of miscarriages having been produced by enormous doses of some particular drug or in some other artificial manner, by the woman herself, who must frequently pay for her actions in impaired health or even with life itself.

It is not strange, therefore, that women so frequently call upon the family physician to perform a service of that kind. These demands, of course, can only be the result of an unwillingness on the part of the woman to bear children, because she considers it impossible or inconvenient to have children; or a disposition of the prospective father to object to having his pleasures interfered with even temporarily, combined with a disinclination to have any children or perhaps to increase the size of what he regards as an already too large family.

In our discussion of this subject at this time, we do not have reference to the large number of accidental abortions which occur from time to time, for which neither parent is responsible in a direct manner and where perhaps it was not desired or may have even been a source of disappointment. In such a case, no censure is due to either party, but they are rather to be pitied and any possible attention and relief given to the woman. Neither do we propose to consider such abortions as are the direct result of infection in the male, where it has been contracted by his improper conduct either before or after marriage. Where the individual knows his condition, however, he is certainly guilty of a most serious offense in having relations with his wife which might possibly be followed by conception, and all concerned are certainly much better off when such an embryo fails to go to maturity, because an idiot or criminal of some sort would probably be the ultimate result.

Marriage implies a desire for the exercise of the sexual function, with the pleasure which accompanies it, and a willingness to assume the responsibilities which may be expected. Unless there is some extra good reason for it, the marital relation should not be entered into where there is a firm determination in

advance to prevent the fulfillment of its natural purpose. However, you will be given all sorts of reasons as to the necessity of producing an abortion just in that particular case. It may be due to an unwillingness on the part of the wife, freely admitted, to undergo the physical discomforts incident to bearing children. It is sometimes due to actual physical inability of the wife to bear children, either because of some structural derangement or the effects of previous pregnancy. On the other hand, the excuse may be offered that they are financially unable just at that particular time to assume the responsibility of further additions to the size of the family, and this in fact is the way it is usually put up to the physician. The desire for the performance of this criminal act, for so it is regarded in all states, except under very restricted limitations, is merely the result of a disinclination to have any children at all or further additions to the family because of the responsibilities in various ways or the interference with necessary conditions, such as where the woman is the breadearner and cannot afford to have this ability impaired for a considerable period of time.

Whatever the reason offered, it is of course necessary to listen carefully, getting all the facts in the case, particularly if it is a regular patient whom you would very likely lose unless you complied with her request; and then you can quickly outline your course of argument in an endeavor to dissuade the patient from her desires or intentions. There are but few cases where there is a real necessity for the production of an abortion, but it is often difficult to make the patient see it from that standpoint.

In the course of your experience in any community of any size, you will find that there may be found in that town or city, one or more persons, who for a con-

sideration, can be induced to assist in this nefarious business. Their large number, particularly in the larger cities, only indicates the frequency with which their services are demanded. The prosperity of these abortion specialists, as they may aptly be designated, only partially suggests the extent to which people will go and the lucrativeness of the business in general. That it has been impossible to rigidly enforce laws along this line is another indication of the fact that probably all classes of society would thereby be incriminated. It is therefore quite evident that this evil, like that of prostitution can only be eradicated by the education of the public along lines quite different from what has been thus far attempted. Aside from the legal aspect of the question, it is not advisable for an Osteopath to become involved in such practices, not only because of the danger of the death of the patient and the legal complications which may follow, but on account of the undesirability of having a reputation along those lines.

As to the diseases which may result from the production of an abortion, much might be said. Just as wherever methods have been used continually for the prevention of conception, no matter what system is employed, there is a certain amount of inflammation, so in the artificial production of abortions, no matter how carefully it may be done, there is always the danger of setting up an inflammation which will sooner or later cause the female serious trouble. An infection may result, which can easily ascend into the uterus, on up into the Fallopian tubes and even to the ovaries, which may be followed by sterility, or a serious condition may be produced making a more serious operation necessary for the removal of growths or some of the reproductive organs, and even life itself may be involved.

The use of various drugs along this line is one of the causes of so many neurasthenics among women. They weaken the intestinal walls by their strong purgative action and have an irritant effect on the cardiac and nerve centers, and as a result of this interference, there may be very decided digestive disturbances. Constipation, which we will consider somewhat more in detail in a later lecture, indigestion, gastritis and various other diseases are always present in this type of individual. The interference with the normal amount of digestion means, in the course of time, malnutrition. The nervous symptoms—intense nervous irritation—are invariably due to the irritant effect of these drugs, which they have been taking in the hope of overcoming the condition of pregnancy. Aside from the injury which may follow the use of drugs, they should not be used, as there is no known medicine which, when taken into the system of a healthy woman in non-poisonous doses, has a sufficiently specific action upon the uterus to cause it to discharge its contents when pregnancy has once begun.

Many women make use of very hot baths, particularly as soon as the regular menstrual flow fails to make its appearance when expected, and while they are not of any material value, they are all right, because there cannot possibly be any ill effects. They do relieve a considerable amount of mental unrest, by the mere fact that they keep the mind of the woman employed while attempting to overcome the condition, by relieving a certain amount of nervous irritation. However, the use of intra-uterine douches for this purpose should never be attempted, except under the care of a physician or surgeon.

The indiscriminate use of sounds or catheters, by either the woman concerned, her husband or physician, produces more trouble and difficulties than

anything else. The mere fact that when the flow is started, not all of the growth is removed and a decomposition process is set up, is a sufficient reason against the use of such measures. The uterine cavity is not entirely cleaned out and the work is rarely ever done under thoroughly aseptic conditions, and the difficulty in thoroughly cleansing the mucous surface of the uterine cavity are sufficient causes for the trouble which usually follows. No matter how many douches are used or what aseptic precautions are employed, there is always the danger of the sound setting up a certain amount of irritation, and infection may follow. If there is not a complete removal of the embryonic growth, when the menstrual flow again starts, where the inner surface of the uterus is not completely denuded, this septic condition will invariably occur, and this is the dangerous part of the operation.

When it is absolutely necessary to produce an abortion, the process known as "curettement" is the only proper one to employ. When advisable to employ this method, it should be carried out under perfectly aseptic conditions. A speculum should be used, so that there is no possibility of infection occurring. The uterus can be drawn down by the use of forceps, and as there are no sensory nerves in the cervix, it can be handled pretty roughly without producing any sense of pain, and the work can thus be properly performed. In the use of either the curet or sound, absolutely aseptic precautions must be used to prevent any possibility of later trouble. This sort of an operation can be carried out without the use of an anesthetic of any kind. However, if one is considered necessary, it is much easier and safer to use a general anesthetic, rather than to depend upon a local one. If cocaine is used, there is a tremendous

amount of absorption that it is extremely dangerous, so that it is much better to depend upon and use only a general anesthetic. It is much better, however, never to use a curettement merely to prevent an increase in the human race, but only when there is some very good and legal reason for the performance of that operation.

It sometimes happens that there is real legal justification for the performance of an abortion, but even in such a case, it is always better to call in some other physician and thus divide the responsibility. Not only this, but it is always better to have an examination of your patient by some other practitioner, so you can talk over the symptoms and conditions very thoroughly, and definitely decide whether a curettement is advisable or not. Inasmuch as such an operation is illegal unless done for the purpose of saving life, it is much better for your own reputation and safety in practice to invariably call in some other physician as a consultant prior to the operation. If there are symptoms of intense nervousness, so severe as to be almost sufficient to unbalance the patient mentally, if the woman is melancholic and hysterical, it is sometimes advisable to produce an abortion in order to save the life or health of that particular individual. You can get most of the facts in the case from the husband, such as whether she has told him that she would commit suicide unless the condition can be relieved, that she is losing her mind, that she is sure she is not going to get well, etc., and then in order to save the life of the woman an abortion is generally regarded as legal.

Then you will have this other condition to consider, and this is the situation where you have been taking care of the patient or the patient's family for some time. You know their financial standing and the general conditions, and realize that the advent of

another child will mean a severe strain on them in taking care of its physical requirements, along with other burdens of that nature already existing, and in such a case it might be proper to abort the condition. However, all of the conditions surrounding the patient must be taken into consideration. This is simply a question which each must decide for himself, when the time comes, on the basis of the existing conditions.

It is probable that in the future more attention will be paid to social interests and that the legal aspect of the situation may be altered somewhat in that direction. The question as to whether the prospective parents shall be the ones to determine the course of action in any given case is difficult to decide. In case of rape or forced pregnancy in general, it would seem that the right of artificial abortion should be conceded to the woman. On the other hand, where intercourse has been purely voluntary, it would seem that it should be strictly prohibited. In principle, when the human embryo has once been conceived, it should have the right to live, and mere actual delivery, known as birth, is only an episode in its life. Some pregnancies are a misfortune for both the parents and the offspring, and where the physical and mental health of mother or child, or both is involved, it should not be a difficult matter to decide as to the legality of the act. When one parent is an idiot or epileptic individual, or the wife is made pregnant by a drunken husband against her will, or where a grave disease in either parent condemns the child to become an invalid, it would seem that society in general would be better off without having it brought into existence. However, such indications should not be acted upon too hastily or thoughtlessly; a rational limit is a matter of practice and common sense when all the facts are carefully considered.

CHAPTER VI.

SCIENTIFIC SEXUAL INTERCOURSE

NATURE'S WAY OF PERPETUATING THE RACE; PHYSIOLOGY OF SEXUAL INSTINCT; DESIRABILITY OF GREATEST POSSIBLE PLEASURE; PROPER METHODS OF COITUS; STIMULATION OF FEMALE SEXUAL CENTERS; MUTUAL AID IN ARRIVING AT CLIMAX; SEXUAL RELATIONS DURING PREGNANCY; INTERCOURSE AS A CAUSE OF MISCARRIAGES; PRENATAL INFLUENCES; CONTROL OF SEX.

Practically each and every normal human being has certain normal sexual instincts which require gratification at more or less frequent intervals. This is a phenomena which man shares with the lower animals, the only difference being practically as to the relative complexity of the act as we ascend or descend in the scale of development. Primarily, the sexual impulse may be regarded as a desire for evacuation, frequently acute to a high degree so that the joy of relief is correspondingly great, just as is true in connection with the ordinary excretions of the body. But the sexual impulse is much more complex than this would indicate and includes the psychic inclination to become interested in a person of the opposite sex, along with a certain inherent desire for reproduction, in other words for offspring. In the higher forms of life, this can be accomplished only by the union of two individuals of the opposite sex, which must be preceded by an impulse to approach, touch and caress one of the other sex. In order to insure the proper performance of the sexual act requisite to reproduction, such act must be surrounded by a certain amount of pleasure; in fact nature's way of

preventing the extinction of any given species is by surrounding the act of reproduction with the greatest possible sensual pleasure. This exists in both the male and the female, and this is nature's way of perpetuating the race.

The physiology of the sexual instinct is controlled by nerve centers in the lumbar area. If the spinal cord be cut above the second lumbar, the sexual act can still be performed, because the center which controls this function in the human animal is located at or about the level of the second lumbar. All sexual instincts are controlled by the nervous system or nerve centers; in man the brain centers have a certain amount of control over the lower or reflex centers, in the way of excitation or inhibition. In the lower animals, these instincts are controlled entirely by the secretions of the sexual organs of that particular animal. Investigation has shown the physiology of the sexual act to be essentially a reflex action—the result of stimulation of the distinctive sexual organs, as for instance the result of friction, along with a certain amount of psychical influence, under the control of the centers in the cortex of the brain.

In sexual intercourse, the greatest possible pleasure is necessary in order to bring the participants into such relations that offspring of the highest excellence may follow. Just how to obtain this degree of satisfaction from the sexual embrace is a question worthy of the attention of the most profound minds. If the parties immediately concerned are ignorant of the proper methods to pursue in cohabitation, not only do they fail to derive the greatest possible pleasure from the act, but in most cases love is soon turned to disgust and even to hatred in a short period of time. Intercourse improperly indulged in is almost as weakening and demoralizing in its effects as any of the

methods of self-abuse into which men and women frequently fall. In addition, from such unions are derived the large number of idiots, imbeciles, nervous wrecks and the mediocre children who constitute such a grave problem in state and national life today. On the other hand, proper sexual indulgences within ethical and legal limits is positively beneficial and health-giving to both participants. The proper enjoyment of sexual intercourse lies in the exchange of sex-magnetism between the male and female, and there is mutual satisfaction only to the extent to which this end is attained.

Sexuality is a science or art which, if properly understood, would raise our moral and physical standing more than anything else. Comparatively few men or women understand the proper methods of coitus or how to derive the greatest possible pleasure from the act. In the first place, it should never be indulged in when either of the parties concerned are tired or exhausted or immediately after retiring for the night, or just before arising in the morning. The best results are obtained following a short period of rest or even of sleep. Then, too, there should be no undue nervous excitement or tendency to hurry through the process as fast as possible. With a little practice, the act of copulation may be made to extend over quite a little period of time, say from fifteen to thirty minutes or even longer, and with the greatest benefit to both participants. Not only is there generated a greater respect towards and longing for the husband on the part of the wife, and vice versa, but all this contributes to the conception of children of wonderful vigor and vitality, both mentally and physically.

The mechanism of coitus is not a complicated one, but if scientifically performed there is a minimum of

pain, with a maximum of pleasure; and it should invariably be preceded by a certain degree of excitation. The question of position to be assumed is not of importance, but may in some instances govern, to a certain extent, the degree of success. That position which permits of pressure and friction upon the points of greatest sexual sensitiveness with the least discomfort or exertion is the one to be selected; but various postures are assumed by different people or on different occasions. Ordinarily, the female assumes the dorsal position, as it is not only natural but more convenient and satisfactory in various ways. This is followed by the introduction of the male copulative organ, slowly, with a gentle undulating movement, accompanied by a certain amount of forward pressure, until the distended organ is entirely inserted within the lips of the female orifice. Their pleasure can be greatly increased by the woman freely presenting her parts, so that entrance can be more easily made. Frequent brief intervals of rest may be indulged in, alternating with free forward and backward movements which will gradually work both individuals up to a pitch of excitement that finally reaches a climax. This can be greatly hastened or retarded by voluntary effort, accompanied by variations in their physical activity. The rhythmic movements of the two individuals, particularly on the part of the male, gradually increases the stimulation of the mucous membrane or skin of the genital organs of both parties, the sensations being absorbed by the nervous system and carried to all parts of the body, so that the entire system is greatly benefited; the process terminating in the man with the ejaculation of the seminal fluid, the woman also experiencing something analogous thereto. There is thus produced, in the two parties concerned, an in-

tense desire of penetration one by the other, to the limit of physical ability. This is facilitated by separation of the extremities on the part of the female, accompanied by more or less tilting of the pelvis; followed by a desire for retention and maintenance of the enclosed male organ which is demonstrated by a "clinging" type of embrace. Following the completion of the sexual act in the most satisfactory way to both concerned, there is a profound feeling of repose, which quickly manifests itself in rest and sleep.

Any feeling of depression which may be noted the following morning is due more commonly to the loss of sleep than to the physical exertion which was required. The prevailing disposition to indulge too frequently, together with the use of stimulants that are sexually exciting are responsible for more injury than should accompany a normal amount of proper indulgence along these lines. The effects of excessive sexual indulgences are only temporary when the person is ordinarily healthy and are recovered from about as rapidly as from any other form of violent exertion. However, in those persons who are more or less unstable, because of hereditary tendencies, sexual excesses have a more marked effect; and unfortunately, they are the ones who usually go to extremes. Along with this disposition, they usually are handicapped with various other extremes of conduct, so that the results cannot but be disastrous; but even then, the effects are not nearly so deleterious as seems to be the general belief. In this as in more ordinary affairs of life, previous habits are a very important determining factor. Those who have been accustomed to various sexual exertions are more or less well developed along those lines and are more capable of activity after marriage than one who has not had those experiences. The sexual organs of both

sexes acquire greater capacity by the regular exercise of those functions, but as in other affairs of life, a degree of moderation is necessary to the fullest enjoyment of its pleasures.

After marriage, one of the questions which usually arises and which you will be called upon to answer more or less frequently, is as to how often the sexual impulse should or may be gratified without injury to either. As we have previously seen, there will be some difficulty at first in securing complete satisfaction on the part of one or both individuals, in fact at the start or for the first time or two there cannot be complete satisfaction in the big majority of cases. The feminine side in particular has not been properly educated; and then the physiological part of the sexual impulse and organism of the female is so much more complex than the male that it requires more time to bring matters to a climax in the female than in the male. As you know, this is an act which is more or less under the control of the will power, particularly in the man, as well as to a lesser degree in the woman. The lower centers in the lumbar region are, up to a certain point under the more or less complete control of the higher centers of the brain. Therefore the degree of satisfaction is largely dependent upon the sensations incident to orgasm. If the sexual impulse is not complete, if there is not entire satisfaction, as a direct result of orgasm, the act is more or less disgusting to the female.

If there is not complete satisfaction, particularly on the part of the woman, there is always a tremendous amount of congestion after the act. There is considerable irritation, as a direct result of the engorgement of the uterus and vagina with blood. She is still in a state of nervous tension, which is only relieved properly by orgasm. If there has been complete satisfac-

tion, accompanied by orgasm, this congestion would disappear in a very few minutes. If it has not occurred, she is left in that disagreeable tension that uses up nervous energy, and as a result of a continuation of these conditions, there is produced inflammation of the female organs which may terminate in all kinds of uterine and ovarian troubles. It is possible, and there are cases on record, where the inflamed condition of the walls of the vagina, of the uterus and of the Fallopian tubes was brought about, not by infection, though unfortunately that is the cause in many instances, but by incompleteness of the sexual act. This same thing would happen with a man, if he were continually irritated mentally or physically, without complete satisfaction. There would be a distention of the scrotum with blood and sterility could result from the inflammation of the seminal vessels. In order to obtain complete satisfaction, therefore, there must be orgasm on the part of both individuals; and this is of much greater importance than the mere number of times that intercourse is had in any given family.

If there is complete satisfaction on the part of the individuals participating, the number of times they may indulge is not such a vital question. Perfect union two or three times a month is worth infinitely more than mere sexual connection for fifteen or twenty times during the same period, wherein there is no element of satisfaction on the part of either individual. If the act is carried out along scientific lines, there will be complete physiological relaxation and satisfaction. If there is more or less hurrying on the part of one party or the other, there is a sense of incompleteness and there is not the same physiological satisfaction to each that there should be. There are any number of women who have been married from

five to twenty years, and perhaps have children, who have never had a single orgasm. They do not know what the sexual act really means; are always passive and do not know how to conduct themselves. Such an individual needs a little instruction as to the anatomy and physiology of the parts; and the husband should be taught something regarding the stimulation of the female sexual centers.

Owing to the different and diffuse structure of the female genital organs, it often happens that the woman obtains a certain amount of gratification along lines that do not necessarily include the sexual act and which may not particularly appeal to the man. For instance, a woman lays a great deal more stress upon the caresses preliminary to the sexual act proper than does the man, and it requires relatively longer to excite her emotions because of the difference in her sexual structure. A suggestive kiss, tender caresses centered about the nipple and gentle manipulations of the bust along with a certain amount of stroking of the spine, and particularly a certain amount of Osteopathic treatment or even gentle manipulation in the region of the second and third lumbar vertebrae of the female will be of considerable value in the preliminary stages of the process of excitation. The clitoris, which is the female organ analogous to the male penis, becomes turgid with blood, during the performance of the sexual act; so that a little gentle manipulation of this organ can be used to good advantage. Mild and repeated friction of the mucous membrane of the vagina leads to the collection therein of an excess of blood, and the nervous system receives quite a little stimulation by the combination of several of these acts that cannot but be conducive to the pleasure of both individuals. The human animal can learn quite a little from the

lower animals along this line, as they coax and tantalize each other until both are worked up to the proper pitch before they attempt cohabitation.

Care should be exercised by the male not to reach the climax in advance of a like state on the part of the woman. Both should reach the degree of excitement necessary to orgasm at practically the same time, as that is the point where the greatest pleasure is obtained. Because of the longer period of excitation necessary for the female, the time spent in the various preliminaries outlined is of considerable value. It will have a tendency to enable the man to overcome any predisposition to premature ejaculation, and will have a tremendous psychical effect upon the mind of the man who has lost, temporarily, the higher control of the reflex act. By making a severe mental effort, it will be possible for him to control himself up to a certain point. That point is reached when, as the result of friction, there is such an increase in the amount of semen which is thrown off or accumulated in the vas deferens that we have the sensations being sent into the nerve or cortical center which controls motor contraction, resulting in the relaxation of the smooth muscle fibres along the urethra. If the anatomy and nervous control of this part of the genital tract is fully explained to him, so that he can understand just how these sensations originate, where they come from originally, and the fact that this center in the spinal cord is entirely under the control of the higher centers, just as any other reflex act is up to a certain definite point, he should be able to entirely overcome any nervousness. This is one of the things which causes possibly more disappointments, in the mind of the woman as well as the man, than any other one thing in married life. By a little practice and telling one another how they

are getting along during the act, they can bring on the climax at practically the same moment. Approximation of the lower extremities, in the female, will help to hasten the climax; while separation will have the opposite tendency. If by these processes they can arrange to reach orgasm together, they will experience the highest state of ecstasy and both will be exhilarated, rather than depressed by the marital relation. But the pleasure that is to follow is even more delightful. In order to derive the greatest joy from the act, the male organ should not be withdrawn following orgasm, but should rather remain until it becomes flacid, and then only should it be taken out. With patience and practice, the act itself can be much prolonged, and the exquisite feelings incident to intercourse may be enjoyed indefinitely.

There is another question which you may be called upon to answer rather frequently, and that is concerning the proper sexual relations which should exist between the married pair during the time of pregnancy. In the first place, it is extremely hard and really impossible to tell from physical symptoms alone and from the sensations which may arise, as to just when fertilization of the ovum has occurred. You will occasionally run across women who will tell you that they can always tell when impregnation has occurred; they say they have a peculiar kind of sensation which appears within two or three hours after coitus and is only present when fertilization has taken place. However, in the big majority of instances, fertilization does not occur immediately. It takes some little time for the spermatozoa to work their way up into the uterine cavity, along the wall of the fundus and up into the Fallopian tube. The big majority of all impregnations occur in that tube;

very rarely do the spermatozoa meet an ovum in the uterine cavity. We have an occasional case where the spermatozoa have even wandered on out into the peritoneal cavity, met the ovum and we then have what is known as an extra-uterine pregnancy. This is due to the fact that the ovum may come from either ovary and wander in the peritoneal cavity, even across to the opposite side, and is not necessarily picked up by the end of the Fallopian tube nearest to the ovary from which it originated. On its way over to the opposite side, then, it may become impregnated, but there is not, at any time, any sensation accompanying the entrance of the male germinal cell into the female cell.

As you will understand, therefore, the exact day or hour that impregnation occurs cannot always be ascertained even approximately, the usual determining point being the non-appearance of the following menstrual period, but even this does not always occur. It is, however, unnecessary for intercourse to be discontinued immediately, from the standpoint of its effect on the child-to-be; but the condition of the mother is an important determining factor. It is, of course, much better from every standpoint if all sexual intercourse is absolutely discontinued until about two months after the child is born. The disturbance of the nervous system which accompanies orgasm under these circumstances, has a much greater effect upon the future mother than under normal physiological conditions. If this is the first pregnancy, in particular, the future mother is in a state of chronic worry as to her condition, even under the best kind of hygienic environment If there is any extra nerve strain thrown upon her organism, the results will invariably show in the general physical and nervous condition, in particular, of the future child.

Where there has been an absolute inhibition of sexual intercourse during the time of pregnancy and the mother has been kept in as perfectly hygienic environment as is possible; sunshine, the right kind of diet, plenty of open air, a certain amount of physical exercise and freedom from worry as much as possible —provided the father and mother were originally healthy individuals—in all probability the child will be a perfect physical specimen and have a perfect nervous system, as the result of a favorable intrauterine life, without having had any outside violence to disturb the nervous mechanism of the mother. On the other hand, if sexual intercourse is indulged in for the four or five months immediately preceding the birth of the child, when necessarily it must be carried on under more or less abnormal physical conditions, there is always a probability that a miscarriage will occur. I have in mind a case where a miscarriage was brought about in the seventh month, as a direct result of sexual intercourse. It was more or less violent in character, because the amniotic sack was ruptured, and as a result of this pleasure of but a few minutes, the mother very nearly died.

Miscarriages can be brought about in this way very easily; and this is one of the common causes of miscarriages after the fifth month, always provided of course, that there is no syphilitic taint, and when there has not been a previous miscarriage. Therefore, sexual intercourse should be absolutely prohibited during this period, both for the welfare of the child and that of the mother.

By the two individuals immediately concerned living or sleeping in absolutely separate rooms, it will not be found difficult for them to abstain from intercourse. Merely sleeping in separate beds, but in the same room, will not do; because under those condi-

tions there is always more or less physical temptation. There is not very much physical detriment for them to forego their animal pleasures during the relatively short period of time that it is necessary; particularly when they understand that it is for the sake of the health of the future mother and the child which is to be. Where sexual intercourse is indulged in up to the last possible minute, its effect is invariably shown upon the nervous development of the child. Such children are much more nervous and irritable, and cry much easier and are more susceptible to colic and the various infections to which all children are continually being exposed, than is the child who had an uneventful, uninterrupted intrauterine life. During that period, the mother is the one who furnishes the food supply for the growing foetus. Anything which interferes with or increases unduly the amount of blood present in the uterine cavity, by excessive stimulation, not only interferes with the proper development of the child, but also has a most decidedly ill-effect on the mother's nervous condition.

There has been a great deal written about the impulses which are capable of being conveyed to children during this prenatal period. There is no doubt about the mental condition of the mother having a very decided effect on the nervous system of the growing embryo. Most of us know of cases where as the result of some kind of shock or some severe nervous strain which the mother had undergone, the child born during that time invariably showed the ill-effect of that strain. There is a decided effect upon the mental system of the mother who is subjected to this strain while carrying the child. This is shown in the nervous system of the growing child itself. I know of one instance where

the first child was born, just as a big majority of us were born, without any restrictions as to the life of the parents during this time. The child was extremely irritable and cried easily, and did not grow very rapidly and gain weight as he should. He had a severe, chronic constipation, and there was more or less chronic gastritis. The second child, born of these same two individuals, arrived under very different conditions. They had obtained the right kind of medical advice and lived the right kind of life before this second child was born. He was a happy, cheerful youngster, except when hungry, and grew quite rapidly. The difference in the dispositions of these two children and in their mental and physical conditions was brought about by the circumstances which ruled their prenatal existence. It is a very simple matter, then, for the married pair to so arrange their lives during this period that they will have perfectly healthy, well children; and that the mother will not be called upon to undergo more than she has to in the nature of things. That does not necessarily mean that every nervous child was born under these conditions. The mental temperament of the mother, however, is transmitted directly to the child. This, then, is one of the penalties we pay for being careless.

It is a fact, however, that we do transmit not only our physical characteristics, but we also acquire and transmit certain biological, chemical conditions which have a direct effect on the growth and development of the nervous system of the child. Just what this one thing is which enables each of us to have children which have a different appearance from each other and yet strikingly similar to one or other parent, is one of the things which is so slight that it cannot be shown in any laboratory, or by any known chemical

test, and yet that biological difference, whetever it may be, invariably exists. The expert chemical analysis of the spermatozoa of various individuals shows exactly the same percentages of various substances present. The spermatozoa of the dog, horse and other animals have been shown to have practically the same percentage of the various elements which go to make them up; and yet we know that there is a biological difference existing. Just what it is we cannot show by any known chemical test, but it is there. It is one of those infinitesimal things which exist and by their mere presence determine the size, shape and sex of the future child. This is one of the things which Science has not yet been able to place upon any known basis. The effect of diet upon the sex of the child to be born is one of the things which may come often enough to be a coincident, but not often enough to be a definite, scientific fact. You will find that there are any number of theories as to the control of sex, from those of the effect of diet, up to the time in the month and moon, and everything else conceivable; but we still get practically the same percentage of male and female children.

CHAPTER VII.

THE CONTINENT LIFE AND ITS BENEFITS

Effect on Male and Female; Moderation as to Foods; Necessity of Exercise and Regular Habits; Depletion of Nerve Energy of Male; Restoration of Lost Manhood; Nature's Use of Excess Secretions; Hormones in the Blood Stream; Circumcision.

We have previously mentioned the three methods of procedure for the individual who is unable or unwilling to enter the married state, and will now discuss the third one, or the Continent Life a little more in detail. This is the kind of a life which gives the individual much the best kind of results and, if he later marries, makes him much the better parent than he who lives either of the other two kinds of existence. This does not mean, necessarily, that the individual who has had illicit intercourse or indulged in masturbation is unable to overcome it, but it is much better for him if he has not so indulged himself. It does require, at the present time, a considerable amount of will power for the average young man to live a strictly continent life. However, abstinence from indulgence along sexual lines is by no means impracticable for the young man of a normal disposition and average constitution, nor will the health of such individual suffer from such conduct. There is no question but what normal persons, whether male or female, may practice continence indefinitely, with much less harmful effects than from even a moderate amount of sexual excess.

You will find that you will be asked questions along this line, and as to how a normal young man can

keep his sexual instincts under control so that they will not get the upper hand of his life entirely. Such an individual should live a fairly strict, hygienic life; abstaining from all artificial excitations, especially from narcotics, alcohol in particular, or habit-forming drugs of any kind, for such substances paralyze the judgment and will. After the individual is sexually mature; if he practices continence he will usually experience occasional nocturnal emissions, but his health will not suffer from these in any way. Most students in the various colleges and universities are away from home for the first time and are introduced into an entirely new environment, and live under conditions entirely different from those under which they have been brought up, while they are likewise away from parental control. It is in such an individual that there is the most danger of straying from the path in which he has been brought up, not only because of the difference in his own environment, but as a result of the habits and example of many of his companions, who have not been properly instructed along those lines. The only way in which a young man can live this kind of a life is by being absolutely normal or moderate in the use of foods. He must have certain healthy habits. He must not indulge in the eating of an extremely rich diet, one containing quantities of meats, or one which is rich in pastries, condiments and spices, as such articles are decidedly irritating to the centers in the lumbar area of the cord. The presence of these irritating substances in the blood stream act as a stimulating agent on the centers of the lumbar region which control the activity of the genital organs. There is an increased amount of nitrogenous extracts in the blood stream, of albumens and globulins, as the result of the use of condiments which are absorbed

practically unchanged into the blood stream and undergo no digestive or oxidation changes at all, and they therefore act as mechanical irritants. An individual who continually indulges in this kind of a diet has a much greater amount of sexual stimulation to overcome than the individual who confines himself to a wholesome diet which is easily digested and assimilated, and which in the process of assimilation is a non-irritant to the nerve centers of the cord. Merely overloading the blood stream will cause this same kind of an irritant effect on the nerve centers. Not only the kind of food taken into the body, but the quantity must be watched.

If a man's life is properly regulated along hygienic lines, if he is careful, first, about the food which he eats; if there is no constipation, which as we shall see later is an important factor in the stimulation of sexual excesses; if he is regular in his daily habits and sees to it that he takes a certain amount of the right kind of exercise each day; and then if he prepares himself properly for sleep at night, sleeps in a bed which is fairly hard and does not use too much cover, but only enough to keep him comfortably warm, but not sufficient to overheat the body, there should be no reason why he should not be able to control those sexual impulses in a more or less physiological manner.

We must, of course, take into consideration the fact that various individuals, even of the same sex, vary considerably, the normal amount of secretions of the genital organs depending largely upon the temperament of the individual. A phlegmatic individual is not nearly so active along sexual lines as the nervous type. Again, as we have seen, females are not nearly so active as males and while they can stand a greater amount of sexual indulgence without harm-

ful effects than the male, they do not have the longings for indulgence along those lines that are experienced by the male, so that the continent life is more readily practiced by the female. Because of the greater expenditure of albuminous material in intercourse on the part of the male than the female, there is a certain amount of depletion of nerve energy of the male, which should be avoided by abstinence from indulgence along sexual lines under any other than the proper relations in the normal married state. The man who leads a continent life has a greater amount of virility and is stronger from both a mental and physical standpoint than the one who transgresses along these lines. While two, three or four instances of straying from the straight and narrow path may not result in any evil effect, beyond the fact that each time it is done he loses a certain amount of mental control, yet it is possible to live an absolutely continent life if you desire and try to do so.

Another question which you will be asked rather frequently, is as to whether drugs or any other kind of treatment will restore "lost manhood" or former virility. If a time arrives when an individual becomes non-virile, there is no known drug that will restore it. If the testicles atrophy as the result of abuse or overuse or because of specific infections, there is no known way of restoring the powers of youth, despite the various kinds of advertising claiming that it is possible to restore this function. It is possible to restore atrophied muscles, but it is impossible to restore active testicle tissues. When once atrophied, these glands are absolutely gone. Right in line with this there will be asked the question as to whether an individual who has indulged himself in masturbation or self-abuse during his youth can possibly marry and have children. Now that de-

pends entirely upon the amount of such indulgence or excess which has taken place. It depends entirely upon the ability of that particular individual to replace the albuminous substances which have been removed from the blood stream as a result of such actions, as to whether he will regain his manhood or not, and it is impossible, as a rule to definitely prophesy as to whether such an individual will have children or not. The probabilities are that he will be able to have perfectly normal children, if there has not at any time, been any venereal or syphilitic infection of any kind.

One objection is frequently advanced as to the advisability of a young man living an absolutely continent life. Some individuals claim that unless muscle fiber undergoes a certain amount of activity, it will degenerate and become weakened. They say that unless the testicles are exercised every so often, they will undergo the same kind of change. That might be true if the physiological structure of muscle fibers and of the glands were exactly the same. The testicles, as a matter of fact, are in a continual state of activity—they exercise themselves. They have a secretion which is not confined entirely to the substances found in the semen. Nature has provided a way and will make use of any excess secretions of the sexual organs. It may take place in the way of nocturnal secretions, depending upon the nature of the individual himself.

We must not lose sight of the fact that the testicles have an internal secretion, which is absorbed directly into the blood stream, so that there is a continuous, perfectly normal activity of the genital apparatus. The substances from the various parts of the sexual organs are taken directly into the blood stream and constitute the various hormones neces-

sary to the proper functioning of the body. These hormones in the blood stream are largely the controlling factor in the oxidation changes of the body. Respiratory exercises increase the size of the chest, increasing the lung capacity, and at the same time increase and facilitate the activity of these various hormones. The stronger the man, the greater the amount of this internal secretion of the testicles and its absorption into the blood stream, and the greater the amount of oxidation changes in the tissues of the body. These oxidation changes are seemingly determined by the presence of these hormones in the blood stream, and are more active during the period of sexual life—from the age of puberty to about the age of fifty, after which it is more or less periodic. During that period the individual is in much better physical condition than when the testicles commence to lose their power of secretion—when they undergo atrophy due to the approach of old age. As the activity of the testicle diminishes, we have a diminution of the mental and physical activities of the individual. This is what determines the strong virility of the male part of the human species. There can not, therefore, be any objection offered to the living of the continent life, because while the albumen taken out of the plasma of the blood stream is used by the sexual organs in the production of their peculiar secretions, these in turn give back to the blood stream these hormones or internal secretions which facilitate the oxidation changes and necessary activities of the body.

In your practice, you will find that the irritation resulting from ignorance or carelessness in keeping the genital organs, both of the male and female, but particularly of the former, thoroughly clean, is an important factor in the various sexual excesses. In

handling himself, or even in the effort to keep himself in a cleanly condition, a considerable amount of irritation is induced in the youngster, so that an erection may be brought about which quickly leads to harm—masturbation. In such a case, circumcision is always indicated, as it does away with a considerable amount of this irritation, facilitates the growth and development of the child under the most favorable conditions, and is an important factor in aiding him to live the proper kind of a clean, healthy continent life.

CHAPTER VIII.

CONSTIPATION

As a Cause of Sexual Impulses; Inherited Tendencies; Instruction of Children and Adults as to Personal Habits; Effect of Diet, Exercise, Habits, etc., on Constipation; Osteopathic Methods of Cure and Prevention.

One of the things which, in both men and women, causes sexual impulses to an abnormal extent is either a distended bladder or a distended rectum—constipation. If there are not normal, healthy, regular, cleanly habits of body, if the hygiene of the body is not properly looked after, if there is an accumulation of the waste products of the body which should have been passed off as produced, there is more or less of a mechanical inhibition of the return flow of blood from the pelvic organs, particularly those of generation. In this way, constipation is a most important factor in the setting up of an irritation of the nerve centers or the nerve endings which control the physiology of the glands which go to make up the genital apparatus. These normal physiological factors must be taken into account and you will find the question of constipation a most important factor, not only in the sexual impulses of your patients, but the various body disorders which you will be called upon to handle from time to time.

In practically 75% of all cases of constipation, you will have to treat, you will find an inherited tendency along these lines. There will be more or less of a predisposition to a bad, abnormal state of affairs in connection with the elimination of the waste products of the body. Where there is this more or less heredi-

tary tendency towards constipation, you will find that the individual does not begin to drink enough water and that there are dietetic errors of various kinds. There is the habit of bolting of food, so that the action of the gastric juices is very largely inhibited and the food is not passed into the intestinal tract in the proper condition for normal digestion to take place. Then the fact that most people eat too much and take too little exercise—lead a sedentary type of existence—accounts to a very great extent for various intestinal disturbances. We should learn quite early in life that the stomach is one of the things which one cannot afford to mistreat—it should be used and not abused.

One of the most common causes for a constipated condition is the laxness of most individuals in their personal habits. The calls of nature should be immediately responded to, at all times; and if neglected even for only a very few times, the muscle fibers no longer act at certain definite stated intervals. The muscles of the colon and rectum can be trained or induced to act at stated intervals, merely by using a certain definite time each day for this purpose.

Then, too, mental worry or activity limits the activity of the gastric cells, because there is a greater amount of blood drawn to the brain by such activity, thus depriving the stomach of the amount it should have. We have only a certain definite quantity of blood in the body, and during digestion about two-thirds of all the blood of the body is needed in the gastric cavity, and without it, digestion is prolonged and in some instances halted. The youngster in school or even more mature individuals in college, should not, therefore, take his books to the table with him, nor should the business man carry his business worries with him to the dinner table. Mealtime should not be a prolongation of either school or

business, and you must instruct your patient not to worry. Another thing, you will find it is much better for the student to have the heavy meal in the middle of the day, if study is to be done at night. Following a heavy meal, there is a natural inclination to sleep, due to the fact that the stomach requires the larger part of the blood of the body during the process of digestion. This results in a more or less anaemic condition of the brain, which is not conducive to the greatest mental activity. The evening meal, therefore, should be literally "supper" and not "dinner," if the evening is to be devoted to study. It requires from two to three hours after a heavy meal before one is mentally active again, hence the advisability of the evening meal being a comparatively light one.

The student should also so regulate his daily life that he will not go to bed under mental excitement, if he is to derive the greatest possible benefit from the hours of sleep. The amount of sleep necessary is more or less of an individual question, as some people require nine or ten hours, whereas others may be able to get along very well with not more than five hours of sleep during each twenty-four hours, but this, of course, is an exception. As a rule, about eight hours is regarded as about the proper average. The student's life, in particular, therefore, should be so arranged that a certain definite time may be devoted to study, recreation and sleep. After two or three hours of study, after the evening meal, it is necessary to prepare the mental centers for sleep. It is not best to keep the brain active for several hours and then immediately disrobe and roll into bed, while the brain is more or less active and congested with blood, as it then takes some little time for sleep to arrive. It is well to indulge in a slight amount of light calis-

thenic exercise before an open window, or a brisk walk in the open air is highly beneficial. If, then, a slight amount of food is placed in the stomach, there will be a calling of the blood from the brain and one can go to sleep as soon as he gets into bed. Some foods are more or less narcotic in effect—warm milk, onions, celery and radishes, which are closely related to the poppy family, from which opium is derived—and act as sleep producers to a certain extent. A deep natural sleep means that the individual is not going to have time for anything else—such a sleep is practically a dreamless sleep.

Another fact of which we must not lose sight is that the big majority of us eat a too constipating kind of a diet—more proteins than are absolutely necessary for the proper replacing of the nitrogen which is present in the protoplasm of the worn-out cells. About one hundred and twenty grams of proteins are about the minimum amount of protein upon which we can get along, but the big majority of us eat nearer two hundred grams each twenty-four hours. The standard which we use, which gives the best results, is merely a slight excess of the amount of nitrogen which is absolutely essential to the balance of the nitrogenous intake and excretion. By using an excess amount of nitrogen, we have the extra amount stored up as a reserve supply, and it is this reserve supply which is called upon in time of body disease. An excess amount of protein intake, irrespective of whether it is animal or vegetable, means that there is a considerable amount of residue left behind in the intestinal tract in the form of amino acids principally and as connective tissue. The digestive juices act but slightly upon the connective tissue present in meat fiber and muscle tissue—in all animal food. The only place where connective tissue is digested is in

the gastric cavity, by the action of hydrochloric acid and pepsin. As food stuffs remain but from two to three hours in the gastric cavity, we do not have very much connective tissue digestion occurring and the rest is left behind. However, the amount of connective tissue and muscle fiber not digested is very slight when compared with the enormous amount of intake. This connective tissue is a non-irritant to the muscle fibers or mucous membrane of the intestinal tract, consequently we do not get very much mechanical irritation.

There is very little residue left behind from the digestion of the protein present in eggs, cheese and other dairy products, so that where these articles play an important part in the diet, we have an exceedingly constipating diet. There is not sufficient residue left behind after digestion is completed to mechanically irritate the nerve endings in the digestive tract sufficiently to induce proper peristaltic action. Increasing the amount of vegetables, particularly those rich in woody fibers, or cellulose walls, produces a mass which by its mere mechanical presence is decidedly irritating to the muscle fibers of the intestinal tract. Any food stuff which leaves behind a mass of material that is incapable of being digested has a most favorable influence on the peristaltic action of the intestinal wall, which should be borne in mind in arranging a diet for such a patient.

The use of fruits and fruit juices in overcoming cases of constipation is particularly beneficial, such as the use of quantities of ripe and uncooked fruits or of oranges, lemons, etc. We get a certain amount of food energy from the carbohydrates present, and the pulp is composed almost entirely of cellulose. The juice contains principally fructose or levulose,which are monosaccharids and it is not necessary for them

to be acted upon by the digestive juices, being absorbed directly into the blood stream. The organic salts and acids present act by increasing the inorganic salt content of the intestinal tract. When absorbed into the blood stream, these salts are decidedly irritating to the liver cell. Bile, in itself, is intensely laxative, therefore, increasing the amount of bile, increases the amount of peristalsis. This peristaltic influence is due to the tremendous amount of saline salts which are present in the bile secretion, to the specific irritant action of the bile acids and pigments on the nerve endings in the mucous lining of the intestinal tract. Fruit juices which contain quantities of tartaric or citric acid are specific in their action upon the liver cells. Cream of Tartar or Potassium Acid Tartrate is a diuretic, and is taken out of the blood stream by the kidney cell. In passing through it acts as an irritant to the kidney cell, increasing its activity. Ripe fruits contain quantities of water, and in that way we further liquify the contents of the intestinal tract. Such fruits as grapes, lemons, oranges, grape fruit, etc., are all specific in their action upon the liver cell. Malic Acid, which is the acid found in apples, has a specific effect upon the liver and kidney cells.

Tea and Coffee, which in themselves are not only stimulatory in effect but will produce constipation because both contain tannin, which acts as an astringent, should be avoided. The nature of tannin is to inhibit the activity of the mucous glands along the entire alimentary tract. Furthermore, there is a slight amount of inhibitive action in both, but particularly in tea—they are more or less anti-enzymic in action. There is an inhibition of the activity of the digestive enzymes, and while the food is digested, the length of time required and the nerve

energy spent is much greater than if the tannin were not present. Hence, the use of tea or coffee in quantities is invariably followed by more or less constipation; therefore they should not be used. Instead, various cereal coffees may be used, or milk, or cocoa, or merely quantities of water.

The big majority of individuals do not begin to drink the proper amount of water, either during or between meals. Water is absolutely essential to gastric digestion; and in fact the various digestive enzymes work best when properly diluted. Any dimunition in the percentage of water present, therefore, decreases the amount of digestion. The digestion of food takes place in the liquid state, in the small intestine, and this liquid is removed from the food contents during its passage through the intestines, particularly the small intestine and the first portion of the colon. When it reaches the descending part of the colon, the food residue has become almost a solid mass, from which all water has been abstracted.

The drinking of quantities of water, particularly immediately on arising in the morning, has a most favorable effect upon constipation. During the night, quantities of mucous material have accumulated on the surface of the gastric cavity, and the drinking of a couple of glasses of water, followed by a certain amount of physical exercise or brisk walking for a few minutes, will induce peristaltic activity of the muscle fibers in the stomach and intestinal wall. The water will help push this liquid, mucus substance farther down into the intestinal tract, leaving behind a clean mucous membrane, and removing all obstacles to the flow of the gastric secretion from the mucosa of the stomach. Either hot or cold water can be used, the first thing in the morning. With a

neurotic individual, it is sometimes best to use hot water; but cold water will ordinarily give the same results. In the usual case, cold water is more tonic in its action upon the gastric wall. The drinking of from two to four glasses of water will cause a contraction of the muscle fibers in the inner lining of the gastric mucosa, which acts as an inhibitor to the action of the mucous cells. This is followed by a corresponding relaxation of the muscle fibers, which means an increase in the amount of blood brought to the gastric cavity. The effect of both hot and cold water is practically the same in that they bring the proper amount of blood to the gastric cavity.

Where there is a tremendous amount of catarrhal mucus in the gastric cavity, the drinking of a physiological salt solution, made by dissolving a level teaspoonful of salt in a pint of water, will be better than the use of either hot or cold water, in which the salt has not been added. This normal salt solution is the best solvent which we have for catarrhal mucous, and washes it off the lining of the stomach. If we have a catarrhal condition in the gastric wall, it is advisable to drink about two glasses of hot normal salt solution about thirty minutes before each meal. In this way the catarrhal mucous that has been deposited is washed off, leaving a fairly clean mucous surface, so that there is then no interference with the flow of the gastric secretion from the inner lining of the wall of the stomach. The diminution in the amount of gastric secretion is due to the stopping up of the lumen of the gastric cells with this mucous material. It is more of a mechanical obstruction to the flow of the gastric secretion than any chemical interference, and when we have removed the obstruction, there is no interference to the gastric flow directly into the gastric cavity.

If in connection with the drinking of plenty of water, particularly the first thing in the morning as already mentioned, there is combined a certain amount of physical exercise, very little else in the way of treatment will be required in the big majority of instances. A part of a man's daily life should be devoted to exercise. Athletics play a much more important part in college and university life than formerly, consequently we have much more virile young men than we had before. Not all of us can indulge in general athletic sports, but practically every one can so arrange his affairs as to secure a reasonable amount of physical exercise every day. Walking is one of the best forms of exercise, and preferably should be taken early in the morning, before breakfast, particularly in obstinate cases of constipation. The walking serves to exercise the muscles of the abdomen, and along with the two or three glasses of water already mentioned, serves to get peristalsis started, so that by the time breakfast is finished, there is the desire to evacuate the bowels. An individual can thus soon accustom the muscles of the bowels to act at a certain time each day. Really, an individual should go to stool at certain times each day, just as he goes to his meals three times each day. Soon he will have established a regular habit that will go a long ways towards overcoming his constipation.

Osteopathic treatment, if given at regular intervals, at the same time, will hasten the return to a normal condition. Briefly, the treatment should consist of a thorough relaxation of the muscles along the spine in the splanchnic area, lumbar area, removal of any innominate lesions which may be present, surgical treatment of piles when indicated, straightening of the coccyx, thorough stimulation of the splanchnic area, as well as local treatment directly over the liver and the entire abdominal cavity.

This does not mean that all of this treatment will be necessary in each individual case, but it briefly outlines the lesions which one may expect to find. Possibly as many cases of constipation are caused by lesions of the innominates and coccyx as any other one single condition. Any lesion in the splanchnic area which would interfere with the nervous control and blood supply to the deeper abdominal organs might be the original cause. Whatever the lesion, it must, of course, be removed. Dietetic treatment, with the drinking of the requisite amount of water will hasten the results that should normally be attained by mere Osteopathic treatment.

CHAPTER IX.

SELF-ABUSE

Internal Secretions of Ovary and Testicle; Natural Elimination of External Secretions of Testes; Effect of Misuse of Organs or Tissues; Artificial Means of Relief from Tension of Organs; Masturbation and Its Effects on Male and Female; Mental Effects of Self-Abuse; Diagnosis of Symptoms in Children; Alcohol as a Sexual Stimulant.

The question of Self-Abuse is one which has been enormously exaggerated, but is one with which you will have to deal more or less frequently. While it may be carried to the extent of a pathological condition at times or by certain individuals, and be productive of a great deal of harm, this is not necessarily always true. There is probably absolutely no individual who has not, at one time or another, experienced an orgasm long before marriage. Strictly speaking, any seminal ejaculation on the part of the male, or any nervous tension on the part of the female leading to the mucus discharge of the vaginal glands which we have already considered in connection with orgasm in the two sexes, which took place without actual sexual intercourse would be considered pathological, but it need not be carried to the point of being actually harmful; and until that point is reached it would be better not to use the term pathological.

When the boy or girl approaches puberty, the sex glands become active and the vital fluid begins to be elaborated and excreted. We have already seen that in the male there is an internal secretion which is ab-

solutely essential to the proper functioning of every part of his organism, and in like manner a similar hormone is produced in the ovary of the female. There is an exceedingly rich blood supply to the ovaries of the members of the female sex, just as there is to the sexual organs of the male, which takes up and distributes the internal secretion of the ovary to the various tissues of her body. Any marked interference with these organs, particularly in early life while they are in an active, functioning condition, is productive of marked changes in both the physical and mental characteristics of that individual. While the removal of the ovaries of the female or of the testicles of the male would, as we have already seen, render it impossible for such person to have children, yet it is highly inadvisable from the standpoint of the health of that person, unless made necessary by disease. When castration (which is the term applied to the removal of either the ovaries or testicles) is performed before puberty, there is a markedly poor development of the individual. In the boy there is no change of appearance; we do not see the various symptoms we look for in a healthy, normal boy; there is not the proper bone or muscle development. Even the hair does not grow as it should normally. If castration occurs after the age of puberty, there are still certain outward manifestations and the individual's whole outlook on life is changed. He has lost the glands that secrete these essential hormones. A hormone is a chemical substance, secreted in one part of the body, which on being absorbed by the blood stream and carried to another part, produces activity of the cells of such part. The internal secretions of the ovary are just as necessary to the female as those of the testicles to the male, and these things are really the determining factors in the

two sexes. It is largely the presence of these internal secretions or hormones of the sexual organs that determine the external appearances of the individual. Following their removal in the female, she usually increases considerably in weight, has much coarser features and there is a difference in voice even.

These facts are now being taken more carefully into consideration in the handling of the worst type of criminals. We know that heredity plays an important part in definitely defining offspring. If there is a normal amount of nuclear material in the protoplasm of the spermatozoa, if it is in such shape that it can reproduce itself as it should—if the right kind of protoplasmic energy is passed into the ovum, as a result of that conjugation, a normal human being is developed. If there be any defect in the makeup of either the spermatozoa or ovum, that defect is reproduced in the organism springing from their conjugation.For that reason, mental defectives should never be permitted to marry or have children, yet that is one of the things which frequently occurs. One of the main questions to invariably ask a patient is as to his family history. The purpose is to find out whether his nervous system is good, that is, if the spermatozoa and ovum from which such individual developed were what they should have been. That can be found out by a definite line of questioning as to whether the parents or grandparents suffered from any severe mental derangement, or if there was a strain of insanity in the family. Education of such individuals is useless; legislation does not have any effect; the only thing that will do any good is to absolutely prohibit the continuation of such a line of defectives. This is provided for in most state institutions by the surgeons in charge being given the legal right to perform the operation known as "sterilization," on degenerates and incurables.

Formerly the process of sterilization in the male consisted of the entire removal of the testicles, but the present method, as employed in the state institutions of at least one state, consists merely in the removal of about one-quarter of an inch of the VAS DEFERENS, through a small opening in the scrotum, which is a nearly bloodless operation and requires but about three minutes time and does not necessitate even local anesthetic. The end of the VAS DEFERENS should not be closed, as the retractive influence of the muscles is sufficient to close them; but the artery itself is not interfered with. If the VAS DEFERENS be closed, in a short time pus will develop, degeneration changes will occur and castration must be performed. There is no interference in this operation with the internal secretions or actual performance of the sexual act. The individual gets practically the same amount of pleasure out of it, but there is absolute sterilization.

Such an operation in the female is a little more dangerous and requires the opening of the abdomen, but may be performed in a very few minutes. It consists merely in interrupting the direct communication between the ovaries and the uterus, by dislocation of the Fallopian tubes—which, of course, eliminates the evil effects of castration. There is absolutely no interference with the internal secretions of the genital organs, which is of prime importance.

Inasmuch as both the internal and external secretions of the sexual organs, particularly of the male as regards the latter, are being continually elaborated, it is but natural that a normal and physiological method for the elimination of such external secretion should be found. Natural sexual intercourse is the method which nature has provided for this purpose; but in the absence of anything of this nature, there is a more

or less spontaneous elimination of a certain amount of the excretions of the testes in other ways, such as in nocturnal emissions and the process which we speak of as masturbation.

This is a habit which is frequently and rather easily brought about in the male by the necessity of handling a portion of his sexual organs. The attention of the child is called to that particular part of his anatomy in various ways, which leads to a more intimate investigation and knowledge of the organ. Then too, the parents of many children do not have any idea as to personal cleanliness in regard to the sexual organs in particular. If there is not proper care taken in this regard, there is more or less irritation all the time. There may be such a growth and development of bacilli that there is in some cases a continuous source of irritation. The youngster makes various discoveries that are no more than natural, and perhaps no harm results up until the age of puberty. At this time there is a development of the spermatozoa and the youngster learns that there is a certain amount of pleasure from the irritation that follows and the resulting discharge. If the child is of a normally inquisitive nature, he begins to experiment and masturbation or self-abuse is easily started. Distenrion or inflammatory conditions of the pelvic organs, such as we have seen in connection with constipation, or friction of the clothing, suggestive physical movements and the example of older companions are likewise responsible in many instances. A great many boys at about the age of puberty are instructed along these lines by older women, particularly by a nurse or maid, who feel that they are justified in indulging in the sexual act with a small boy because there is no danger. There is no question but what a great many youths get their instruction along sexual lines

from older women; and they soon find that such acts are accompanied by a certain amount of pleasure. Youngsters often get information along this line from older boys, particularly in boarding schools, and cultivate the habit themselves before they realize there is anything particularly harmful about it. Seminal emissions, except those occasioned by natural intercourse, are usually regarded as disgusting, so that it is considered improper to give any information as to habits of this kind, even to the family physician, particularly by young boys for fear of criticism. It sometimes happens, then, that a boy who has abused himself in this way several times is taken to a physician, by his father, for some other slight ailment. The physician is too much inclined sometimes to ask him whether he has ever masturbated and then may proceed to give him a long lecture on the evil of such action, which really has a more disastrous effect upon the mind of the youngster than the act itself had upon him physically. The child may be scared and quit the act, but emissions will occur any way in most instances, particularly at night, a number of times each year. If the boy is nervous and high strung, the emissions will come close together, but unless they come more often than two or three times a month on the average, they are merely physiological and not pathological. It is the nightly emissions or those which occur three or four times a week which are pathological.

Self-abuse does not ordinarily cause any severe nerve trouble in the youngster, if there is a normal body to start with; but if there is a certain tendency toward nerve degeneration to start with, there will be trouble as the result of over-exercise of the testicles just as there would be with any other tissues of the body. Accompanying the appearance of the external

secretion in the testicles, there is a certain amount of tension and any handling or irritation is usually followed by some pleasure, as well as a certain degree of pain and weakness. This condition, however, is very quickly followed by rest, under normal conditions, so that but little harm results. The principal trouble with a person who is a masturbator is the fact that the act can be accomplished so easily that it may be followed by an excess along that line. The cells of the male organ grow and develop by exercise, just as any other tissue will grow and develop with use. Excessive exercise of any tissue, however, will cause a condition of hypertrophy which in time will be followed by atrophy to a corresponding degree, and in that event there is more or less weakness of that particular organ. The trouble, then, is largely the result of a tendency to employ artificial means of relief from tension of the genital organs on too frequent occasions, so that there is not sufficient time given for a proper amount of relaxation, rest and recovery between acts.

The effects of masturbation are somewhat analogous in both the male and female. A strong, healthy boy or girl may stand a greater amount of self-abuse than a weaker individual, just as the stronger could go through a greater amount of physical exercise every day than the other; and the weaker individual would bring on the same physical troubles in the one way as with the other. A moderate amount of this kind of abuse in a growing child will probably have no serious effect, which merely illustrates the fact that mother Nature can withstand a considerable amount of abuse and yet recover from it. Yet a number of such acts, often repeated, will invariably result in trouble. The individual who masturbates, whether the growing child or adult, is throwing a severe strain

on his own organs and trouble follows almost invariably. Too much can not be said along these lines, as the entire life of any individual can be greatly handicapped by self-abuse, if continued for any length of time, as a general weakening of the entire body structure follows. This is true irrespective of the possibilities of picking up some infectious disease, and such an individual would be extremely susceptible to venereal diseases of all kinds because of the weakened condition of his body.

As may be understood from what has already been said, masturbation is not confined entirely to the male. The number of females who abuse themselves in this way is not so great as among males, but this condition does not exist in the female. It is commonly accompanied by some mental disturbance or it may be due to this same mental condition. In females, the results of excessive masturbation are not so great from a chemical standpoint as in the male, in that the orgasm of the woman is composed almost entirely of the mucus secretion of the vaginal and uterine walls, and contains only a slight trace of albumen. Where it is carried to excess, the symptoms shown are practically the same as in the male. Excessive overwork of the nerve centers controlling this orgasm and the flow of blood in and around the vaginal wall and of the uterus will result, in the course of time, in destruction of nerve tissue, merely due to over-stimulation. The local symptoms which would be found in that condition would be excessive inflammation of the clitoris and of the walls of the vagina. They have lost their normal healthy tone, are wrinkled, weak and flabby. In this erotic type, the individual seemingly gets more sensual satisfaction and pleasure as the result of self-abuse than she does in obtaining relief in the normal manner. In this, just as we have

already seen in connection with normal sexual intercourse, a woman can stand a much greater amount of sexual activity than a man, merely because the orgasm, when it occurs in the female, does not contain these quantities of albumen which is present in the seminal fluid of the male.

The principal ill effects of the habit of self-abuse are due to the mental effects. The fact that this kind of an act is always carried on in secret, that it is more or less disgusting, and that the individual, if a small child, has been talked to along these lines by the parents or physician, who have endeavored to prevent it by literally scaring the child to death, is responsible for much of the mental disaster that follows. If the mental effect from this viewpoint could be eliminated, in the adult as well as the growing child, masturbation would be practically of the same value as normal coitus, so far as wear and tear on the central nervous system is concerned. Men who live by themselves, out in the wilderness, in lumber camps, hermits and individuals of that sort, of course, have no normal physiological way of relieving themselves of the increased tension in the genital organs and frequently resort to a certain amount of masturbation. It may occur once a month or in two months, but probably not so often as they would relieve themselves under normal physiological conditions. While some go so far as to say that the drain of nerve energy as a result of natural intercourse is only about one-third as great as that occasioned by a single act of masturbation, from the facts we are able to get along this line, there does not seem to be any such comparison. It is probable an individual who was in the habit of performing the act of self-abuse before marriage, if he had used a certain amount of judgment in so doing, would find that the nerve drain was no greater from

such a method than from performing the sexual act after marriage. So that, as we have already indicated, the harm in the act seems to be principally from the ease and consequent frequency with which it can be performed and the psychical influence of what the individual has been told regarding it. If the individual is neurotic to start with, or if the parents or grandparents were troubled with nervous diseases, such a person would suffer considerably more from such conduct than the one having an ordinarily healthy body and mind at the outset.

The characteristic symptoms present in a masturbator are those where the skeletal muscles are in a weak, flabby condition. The hands are cold and clammy. When one shakes hands with the average individual, there is a warm solid grip. However, there are instances of nervous effects where we have this same kind of a cold, clammy feeling in the palms of the hands. These two symptoms are practically present in every single instance of masturbation, where it is carried to excess. That does not mean that the individual may have the same nervous conditions which are shown in cold moist palms which are not due to masturbation, so that you must be extremely careful not to jump at conclusions. There must be careful questioning and watching for a period of four to six or eight weeks, before you can say that any individual is a masturbator. While you may suspect it and handle the case along those lines, you must not be too hasty in making up your mind. Another indication is that the individual does not seek the company of his own kind and avoids, usually, those of the opposite sex, and he also avoids the games which his comrades enjoy. There are some other circumstances which will bring about the same condition, such as embarrassment, etc. All of these

things, taken together, however, enables one to make up his mind to a considerable degree of certainty. Very frequently you will be asked as to whether masturbation or self-abuse is essential to health in a person who is not married and able to secure normal physiological relief. It is NOT. Nature herself will take care of any excess amount of secretion; and it is not even necessary for any individual who is living a hermit life to indulge himself along these lines, as nature is amply able to take care of his requirements.

A boy who masturbates should be given two or three osteopathic treatments each week; should take a cold shower bath each morning, should have plenty of outdoor exercise; should not have an excess of cover at night, and also get plenty of sleep—if he does, he will recover without difficulty. However, the results of excessive masturbation will invariably show later in life. After the age of forty years, that individual will find that his mental powers are failing very rapidly; he will be unable to concentrate on mental work. There is sure to be a certain amount of weakness in his mental activities. Softening of the brain, "paresis" or paralysis may develop as the result of throwing away these hormones and because of the interference in the cortical or nerve centers. These degenerative changes may be so great as to result in idiocy or imbecility, and such an individual is usually an easy prey to any of the various infectious diseases—he has lost a considerable amount of his normal resistance, because there is no longer in the blood stream those hormones without which the various cells of the body can not grow and develop properly. The resistance of that individual, therefore, to any invading micro-organism is very materially lessened.

There are certain substances which have a stimula-

tory effect on the centers controlling the genital organs. One of these is alcohol—the individual who uses alcohol is much more likely to have his sexual instincts get control than is the one who does not use it at all. Tobacco has a somewhat similar effect, and the excessive use of it will invariably cause excessive stimulation of these lumbar centers. The moderate use of tobacco, in any form, probably has no ill effects; that is if used in moderation, there are practically no ill effects. What is "sane" and "overuse" is practically an individual question, because of the differences of construction in various individuals. This, therefore, is one of the questions which each individual must decide for himself. However, scientists have made some experiments as to the relation between the use of alcohol and sexual acts as a cause of nervous diseases. It has been found that copulattion itself is not very tiring to the individuals concerned, but the breakdown is claimed to be the result of the effect of the alcohol, rather than merely the sexual act itself.

Some rather interesting statistics have been kept by the government in Switzerland for the last twenty years, as to the previous history of various perverts and degenerates. It is found that during the part of the year when the grapes are ripe, or during vintage as it is called, and then during carnival time, or the period just preceding Lent, there is invariably a considerable amount of alcohol imbibed. During the period of vintage, practically everyone, the laborers in particular, have free access to the wine. It is also a custom in that country for the laborers to be entertained every evening, during vintage, in some way; usually with a dance which is accompanied by all the wine the individual cares to drink. Now alcohol has a specific effect upon the sexual centers; and in the first

stages it causes a considerable amount of stimulation. An individual who has imbibed a certain amount of alcohol is much more easily induced to indulge in sexual intercourse than one who has not. Furthermore, it has been proven biologically that the spermatozoa which are voided during the period of partial intoxication have undergone some kind of a biological change. The albumen or protoplasm shrinks in the spermatozoa which have been secreted by an individual while under the influence of alcohol, and seemingly have different biological properties. The mere fact that either or both the men and women connected with this celebration are about three-fourths intoxicated does not prevent fertilization, but rather favors it. Sexual intercourse is always much more promiscuous under those conditions than it would be otherwise. The statistics of the Swiss government show that each year there are about nine thousand individuals born who have cerebral lesions —who are not normal. The largest crop of births of these idiotic individuals occurs about nine months after the time of vintage and again about nine months after carnival time. During both of these periods, everyone enjoys himself to his full capacity, and as there are no restrictions upon the use of alcohol, that is one of the reasons why there are so many idiots born in the wine growing districts of that country.

The first effect of alcohol is to excite stimulation of the sexual centers. As the quantity of alcohol increases, we have a corresponding paralytic effect upon these same centers. If at this time an individual indulges in sexual intercourse, it will take him from three to five or even seven times as long to reach orgasm as it would if there was no alcohol in the blood stream. As the result of this long continued

sexual intercourse, the conditions are much more favorable from a physiological standpoint for complete fertilization, in that as the orgasm in the female commonly requires longer to be consummated than in the man, anything which slows it up in the man will have a tendency toward a simultaneous orgasm, thus making fertilization more likely to occur.

The use of alcohol, then, is one of the reasons why we have this steady supply of perverts being born. That is also why we find a greater number of perverts in the wine drinking countries than in any other. Even in countries like Scotland, where the strongest alcoholic drink is the mixed drink containing a smaller percentage of alcohol, than in the warmer, wine drinking countries, there is a considerable amount of alcohol taken daily, and consequently we have the atrophic, degenerative changes caused as the result of the continuous presence of alcohol in the blood stream. It is an absolute biological fact, and statistics will bear out the statement, that all of these sexual perverts have sprung from the union of individuals who had either some central cerebral lesion or were habitual users of alcohol to excess.

CHAPTER X.

PAIN A PRE-REQUISITE TO PLEASURE

CRUELTY CONNECTED WITH SEXUAL IMPULSES; SADISM—ORIGIN, SYMPTOMS, ETC.; MASOCHISM—THE DOMESTIC SCENE FROM WHICH IT DEVELOPED; DIFFERENCE BETWEEN SADISM AND MASCOCHISM; TRANSMISSION OF SUCH PERVERSIONS TO OFFSPRING.

While the infliction of a small amount of pain, in connection with sexual impulses, sometimes acts as an excitant to passion, the normal man has no desire to be cruel and what pain is inflicted is in kindness, rather than in anger; but when such pain is carried beyond the limits which he himself can soothe, it is no longer enjoyed, under normal conditions. The male usually finds some pleasure in exerting force and perhaps delights in domination, while the female derives pleasure in experiencing force and rather enjoys submission. Occasionally, however, we find a case where the sexual impulse is characterized by an inclination to maltreat the individual toward whom the sexual desires are directed, even to the extent of extreme violence or cruelty. This, then, becomes a perversion, of which Sadism and Masochism are the most pronounced types.

Sadism derives its name from a certain Marquis De Sade, who was born in 1740, at Paris, who belonged to a noble and somewhat distinguished family. His family history is said to have been rather poor, his own father and both grandfathers having been neurasthenics, who had come from a long line of alcoholics, but so far as history tells us, there was no known syphilitic taint present. However, members of the

family had been confined in various insane asylums. On the maternal side there had been several cases of epilepsy, and the latter part of the marquise's life was spent in an asylum. Of the seventy-four years of his life, twenty-seven were spent in confinement, either in prison or in a state asylum of some kind. Sadism is defined as the "association of violence and cruelty with sexual enjoyment, such violence or cruelty not being necessarily exerted by the person himself who seeks sexual pleasure in this association." In other words, it is associated with the idea of the infliction of pain upon the other party to the sexual act. It is true that a certain degree of Sadism may be regarded as normal, in that there is a certain definite, psychical connection between love as we commonly term it, and pain. The first sexual intercourse which a woman undergoes is accompanied, as we have seen, by a considerable amount of physical pain. The first forcible entrance into the hymen means the rupturing of it, with an excessive dilatation which as yet the vaginal walls have not undergone, so that the first intercourse is usually rather painful, so far as the feminine part of the act is concerned. It requires, necessarily, a considerable amount of mere physical force, muscular exertion or more or less brute force, practically, in order to accomplish this act. Very frequently, when orgasm occurs with both parties, it is accompanied by the infliction of severe physical pain—the love "bite," as it is commonly termed, which is purely physiological and psychological in its action. The convulsion or muscular spasm of orgasm is much more intense when it is accompanied by intense muscular contraction. While this idea of pain is closely allied with normal sexual intercourse, yet when this blending with the act of a certain definite amount of pain is exceeded, then we have the

perverted type to which the name of Sadism is commonly applied.

The man whose name was given to this kind of sexual perversion was decidedly feminine in type. He did not have any great muscular strength, his face was decidedly delicate and pale; and in nervous makeup was neuropathic. In his physical makeup he was rather of the feminine type than the ordinary strong, virulent masculine individual. The history of his life shows that at an early age—at or around eight or ten years of age—he first saw physical punishment inflicted upon one of the feminine members of his household, a sister or cousin, I believe, who was whipped, and this small fellow happened to see the whipping. It was done rather lustily upon the bare gluteal region, and this was the first real physical pain he had seen inflicted upon anyone. Watching this castigation occur resulted in giving this young boy a certain kind of pleasure—he had a sort of cruel streak in him, and he got a certain amount of pure physical pleasure out of the sight of this particular act of whipping. Shortly afterwards he succeeded in inducing some of his young feminine playmates to allow him to whip them. He kept this up for several years, the mere process of whipping affording him a considerable amount of physical satisfaction. At first, of course, he did not know just what these impulses were. As he grew older, he was taught the natural methods of sexual intercourse by one of the maids in the family, but did not get any direct physical pleasure out of this.

At the age of fifteen or sixteen years, he persuaded his paramour to permit him to use the whip upon her before the sexual act was performed, and then he discovered that he did not have any trouble in obtaining a natural vigorous erection, so that there-

after, just prior to having sexual relations, he always used the whip upon his companion. In this way he was able to get a much greater amount of physical satisfaction from the sexual act than he had without the infliction of the pain. He then induced practically all the young girls with whom he came in contact to permit him, either as the result of the offer of money or bribes of various sorts, to use a whip on their naked bodies. As the result of this perversion, he was caught and imprisoned for several years. During the time of his imprisonment, he indulged more or less constantly in masturbation, but aside from this one sexual perversion he had a most brilliant mind. During the first period of his incarceration he wrote several short stories, and one fairly long story, woven around his own sexual life and perversion. At that age of literature there was much more freedom than at present; in fact, practically no restrictions were made against anything being written or printed, consequently his stories were all of the sexual type and were woven around this one perversion—intense pain as an accompaniment of sexual intercourse. It was from his brilliant stories—regarded as an inexhaustible treasury of information on those subjects—that the psychologists and scientists have given the author's name to this particular type of sexual perversion. It is claimed by Krafft-Ebbing that Sadism is usually, if not always, congenital and hereditary. It is usually restrained for a long time, by fear, education or moral sentiments. But when normal coitus fails to procure for such a perverted sexual appetite the satisfaction it demands, the sadist gives away to his passion—which gives the false appearance of an acquired vice. Some Sadists satisfy themselves by flogging prostitutes, while others make martyrs of their

victims, thus procuring the maximum of pleasure. While Sadism is more common in men, it sometimes occurs in women, such as Catherine de Medici, who had her maids flogged before her eyes and enjoyed witnessing the massacre of the Huguenots. Women in whom Sadism usually assumes a milder form than in men, are usually contented with biting a man, during coitus, till he bleeds.

A century or so later, in the early part of the eighteenth century, another gentleman—if you could properly call him that—an individual by the name of Sacher-Masoch, who was born in 1836, began to write various kinds of novels and stories in connection with sexual perversions. This is the opposite type of perversion, from what is known as Sadism, and is described by Krafft-Ebing as follows: "By Masochism I understand a peculiar perversion of the physical VITA SEXUALIS in which the individual affected, in sexual feeling and thought, is controlled by the idea of being completely and unconditionally subject to the will of a person of the opposite sex, of being treated by this person as by a master, humiliated and abused. This idea is colored by sexual feeling; the Masochist lives in fancies in which he creates situations of this kind, and he often attempts to realize them." This individual was half a Russian by birth, having also Spanish and German ancestry, and to his ancestry and environment his biographer attributes great significance. While still a child he was in the midst of the bloody scenes of the revolution which culminated in 1848, so that at a somewhat early age he found the atmosphere and even some of the most characteristic elements, of the peculiar types which mark his work as a novelist.

As a child he was greatly interested in representations of cruelty and loved to gaze at pictures of execu-

tions while at the period of puberty he regularly dreamed that he was himself fettered and in the power of a cruel woman who tortured him. It has been stated that the women of Galicia, in which province this man Sacher-Masoch was born, either rule their husbands and make slaves of them or they themselves sink to the wretchedness of slaves. We are also told that the average Russian peasant woman is not satisfied in her sexual life unless she receives a certain amount of painful or cruel treatment from her husband. If she is not whipped every so often, she thinks she is losing her husband's love. This is a kind of perversion, Masochism, in which sexual intercourse is accompanied by real pain, or the idea of receiving pain. All of the sexual stories of Sacher-Mosoch were written from the feminine point of view. His perversion was that the feminine party to sexual intercourse must be brutally subdued, by force, into sexual intercourse, by the lover, and the passivity of their subjection must be accompanied by pain.

The thing which gave young Masoch this idea was that just before the age of puberty, probably about the age of ten or eleven years, he was visiting a married cousin of his, a Countess. She was a beautiful woman and was of a well developed, strong vigorous type—she was the member who really ruled the household. She was exceedingly passionate and lustful in her life; was not satisfied with the attentions of her husband and seemingly had several lovers at the same time. She seemed to be rather fond of the youngster and permitted him to have certain liberties and allowed him to aid her in dressing, but had never permitted sexual intercourse. At one time, as he was kneeling in front of her to help put on her ermine slippers, he kissed her feet; at which she smiled and gave him a slight kick, at

which he was greatly pleased. Not long after, while playing hide-and-seek with his sisters, he had hidden himself behind some clothing in the bedroom of the Countess, when she suddenly entered, accompanied by someone he took to be her husband, so that he immediately decided to remain in hiding to avoid a scolding. She entered, but the man with her was not her husband but a lover; and not daring to betray his presence, the youngster saw her lie down on a sofa and commence to caress this lover. In a very few minutes, however, her husband accompanied by two friends, broke in the door and surprised the Countess in a rather compromising position. She however quickly arose to her feet, seized a whip and very relentlessly drove the husband and his friends out of the room. During the confusion that followed, the lover escaped, but during all of this performance, the youngster had managed to get along without being discovered. He remained there for a time, when the husband came back and was met by a volley of blows from the whip and a blow in the face with her fist struck him to the floor, streaming with blood. Just about this time, the clothes-rail fell, exposing the youngster in hiding, so that the Countess then turned on him in anger, threw him to the floor and beat him unmercifully; but while the pain was considerable, he seemed to enjoy it very much. As the youngster finally made his escape, he saw her turn and kick her husband, and through the closed door he heard the sound of the whip applied by the Countess accompanied by the groans of her husband. It is quite natural that such a domestic scene should color his entire after life in a sexual way, and this was no doubt the foundation for his novels dealing with sexual matters.

This Countess was also very fond of furs, and this

fact also colored his sexual life to such an extent that he was not satisfied with any women with whom he had anything to do unless they wore some article of fur as a part of their clothing. It is also claimed that he kept a woman's fur cloak in his study, which he would stroke from time to time as a sort of stimulation to his brain. In the meantime he found that before he could have normal intercourse with any woman, he had to be more or less brutally treated by his paramour. While Masoch was very intelligent from a literary standpoint and wrote a great deal, all of his stories and novels had as the heroine a most beautiful woman, who invariably wore furs and also treated her lovers with the utmost severity. This idea of having sexual intercourse which is accompanied by submission and the direct result of brute force or rough treatment, as well as even physical pain, was the perversion which he had, and as he exhibited it to such a marked degree, the name of Masochism has been applied to this form of sexual relationship.

Among older men of the present generation are those who sometimes find it necessary, before they can enjoy sexual relations, to have the woman beat them with whips or otherwise maltreat them before they can become sexually excited. Where physical pain is absolutely essential to cause an increased amount of sexual activity, we have a true case of Sadism. Where sexual intercourse and the idea of love and passion are strongly colored by the idea that one must be beaten into subjection, and that such an individual can only enjoy sexual intercourse when it is accompanied by these various illusions, we have a case of Masochism. These are the two principal perversions wherein the inducing of pain plays an important part, and usually the symptoms of one

or the other are quite markedly exhibited in such perverts, though we cannot always regard them as opposed manifestations, both sometimes being found in one and the same individual.

In individuals who have either of these particular perversions, there is but little possibility of them being able to marry and live happily, so far as their sexual relations are concerned. Where there is such a marriage and children are produced, the particular type of perversion is not invariably found in such children. As a matter of fact, such perversions seem to work a much greater hardship on the parent, and seem to be extremely difficult to transmit to posterity. Unless there has been such an excessively venereal life on the part of the parent that the activity of the spermatozoa is decreased, if children are produced, they are commonly very healthy and normal. There may, of course, be other nervous conditions present, like epilepsy, neurasthenia, etc., but the direct transmission of such perversions as are acquired, from father to son, is extremely difficult to demonstrate. We do not always find a tendency toward such perversions, which confirms the statement as to the questionable possibility of transmitting an acquired tendency along these lines.

CHAPTER XI.

SEXUAL PERVERSIONS

Relation of Whipping of Children to Sexual Impulses; Inherited Tendency to Perversions; Homosexual Love (Urnings, Saphism or Lesbian Love); Onanism; Fetishism; Exhibitionists; Sodomy or Bestiality; Connection Between Senile Atrophy and Perversions; Intercourse With Young Children.

In this lecture we will consider particularly the pathological side of sexual life, as you may run up against this type of case almost any time, because you can not tell them from outside appearances.

The use of whips, in order to aid in the stimulation of sexual impulses, is more or less common. Physical whipping upon the gluteal region causes a mechanical effect or irritation of the nerves which go directly to the genital organs. Mechanical irritation and stimulation of the peripheral endings of these nerves induces erection in the male and a hyperemic condition of the female vaginal and uterine walls. There are any number of stories in which whipping plays an extremely important part. If you could converse freely with any of the feminine inmates of the various houses of prostitution, you would invariably be told that they have men, fifty years of age or perhaps older, who will come in and give them a plentiful supply of money, if, before sexual intercourse is indulged in or attempted, they will use the whip vigorously upon their naked bodies. There is no question but what, frequently, in old age the use of the whip in this way does cause an increased amount of sexual activity. You will find that these chaps, say along

about sixty-five, seventy or seventy-five years of age, who have lived a rather extreme sexual life all the time, will find physical castigation absolutely necessary in order to induce a simple erection. This kind of physical, mechanical irritation, applied directly to the gluteal regions, does have an anatomical and physiological cause in producing an increased amount of sexual impulses.

This is one of the main reasons why whipping should never be utilized as a method of correction in youngsters, as the mere whipping of young children frequently induces or causes sexual impulses. Very frequently it is the first whipping that the young boy has had which induced the first erection, due entirely to this physical, mechanical irritation of the nerve endings in the gluteal regions, which are in direct connection with the pudendal nerve, which controls the blood flow through the penis. This is true of the female sex, as well as the male; but here we have a hyperemic condition of the walls of the vagina and uterus, as the direct result of the castigation. There are any number of cases on record, that have been obtained from both normal and abnormal individuals, which show that their first sexual impulses were induced or brought about, they claimed as the direct result of whipping.

Almost all of the perversions of the sexual centers are those tendencies which have been inherited. It is extremely hard to show any acquired perversions of any sort along the sexual line. Invariably the family history of the child will show that the parents and grandparents were confirmed alcoholics, that there was a history of insanity, epilepsy and things of that sort among the immediate ancestors of that individual and never any farther away than two generations. This inherited tendency may be

held under subjection for some little time, until the individual comes in contact with something of the kind, or some one line of action has been suggested to him, and then, owing to this inherited tendency along these lines, he very easily falls into the habit or acquires these various kinds of perversions.

The one particular type of sexual perversion which possibly has a greater number of followers than any of us would think, is that of Homosexual Love, as it is called—an inverted type of sexual relations, where the individual prefers a member of his or her own sex to one of the opposite sex. It seems a little absurd that the sexual longings of a man or woman could be directed, during an entire life time practically, to some person of the same sex. This pathological condition, however, is as common as it is certain; and is found much more frequently in the eastern countries and in Brazil than in any other nation. These individuals have a decidedly bad nerve history and all of them are neurotic in their tendency. The men afflicted with this particular type of perversion are more or less feminine in appearance, and do not have the strong masculine virility which is commonly associated with a healthy man.

There are also hallucinations or illusions which accompany this particular type of perversion. Their "love," if you can call it that, for the object of their affections, is seemingly much stronger, for a short period of time, than that which exists in normal sexual relations. Such individuals are very easily attacked by spasms of jealousy, and they live, in reality, a life which from their standpoint is full of trials and tribulations. This particular type of inversion, or "pederasty" as it is sometimes called, has been made a crime. Where this sort of thing is carried on between two men, it is, of course, unnat-

ural, unless one of them has sold himself for money. Afterwards he may use this mere fact for purposes of blackmail, and they frequently do extort huge sums of money from one of these "Urnings," as they are called, which is the German name for this particular type of individual. This name was given to this type of pervert by one of their number by the name of Ulrich, who announced himself publicly as the apostle of homosexual love. This man found that his particular sexual ideas were antagonistic to the normal sexual relations; but attempted to obtain legal sanction for this kind of love. He was the son of a long line of confirmed alcoholics and degenerates. His father and two of his uncles had spent a considerable portion of their lives in various insane asylums. Also the grandfather and some of the granduncles had spent a considerable period of time in the same way, so that he had a decidedly bad previous nerve history. This tendency showed very early in life, as when the sexual impulses began to develop, he seemingly did not have any normal impulses whatever. So far as feminine impulses or sexual desires towards one of the opposite sex were concerned, he viewed them with more or less abhorrence, and he had a particular aversion for women. He would hang around the various public bathing houses and urinals, so that he would be able to see the external genitals of the male. Such sights were always sufficient in themselves to cause an erection and in a great many instances complete ejaculation. He was more or less erotic, his mind was continually filled with these various perverted sexual pictures and the excitement resulting therefrom was relieved very early in life by masturbation.

As he grew older, he found it extremely difficult to satisfy his kind of a sexual impulse, but in the course

of time he gradually gathered around him a number of these perverts or inverts, and they formed themselves into a club. Gradually the sect extended to most of the large cities on the Continent, all of the larger and many of the smaller cities in Brazil, and in some of the larger cities of our own country there are various meeting places for these Urnings, as they are called. They have a more or less secret society, with various signs so that they can recognize each other very readily. Owing to the fact that this kind of a sexual act is a crime and is punishable by incarceration in the state prisons for a period of years, it is necessary for them to be extremely careful in living their own typical sexual life.

From their standpoint and according to the writings of their founder, Ulrich, and of various others who have followed him, they say that such a sexual intercourse, or love existing between members of the same sex is the ideal kind of love, if you can call it that. So far as they are concerned, natural normal coitus as we know it is absolutely disgusting. They do not get any real pleasure from viewing a nude member of the other sex, but it is more or less disgusting to them. In many of the larger cities they have a club house or meeting place. They take a great deal of delight in dressing up in various feminine garments and cultivating feminine ways; and it is said by those who know that this type of human animal is much more adapted to flirting than is the normal one. They have certain "balls" several times a year; and an international one is held in Berlin during the time just preceding Lent, at which time all of their belief, from the various cities on the Continent, get together for a week or even two or three weeks of a carnival time, and it is during this period that they have their big affairs. In the ball-

room you will see and find more than half of the men present dressed in women's clothes—and very expensive ones at that—and from outward appearances you can not distinguish them from women. They have cultivated the feminine walk and various feminine ways; they call each other by feminine names and they get their real sexual pleasures in this way.

Sexual inversion, however, is not always confined to men, and while it is not rare in women, does not manifest itself so publicly. It is called Lesbian love or Saphism; and the female inverts of this type are known as "tribades." You will sometimes find sexual inversion among women, in which there is a decided sexual love existing between two women; and there are even cases on record of the marriage of two women. One of them, of course, assumed the man's part, wore male clothing, assumed masculine ways and would commonly wear hair very short, and so far as the physical, outward appearances were concerned, was a typical man. They are the type of women who satisfy their pathological appetites by mutual masturbation, especially by mutual licking of the clitoris or "cunnilingus" as it is termed. From the nature of the feminine mind and the mere fact that love with a woman is not confined entirely to sensuality and sexual intercourse, the mere fact also that there has been more or less friendship existing between one of these inverts and a young girl and that this friendship is expressed in more or less loving ways, it naturally follows that this attachment in a short space of time leads to more intimate sexual relations, and in this way they can keep their ranks well recruited. They are very adept in the art of seducing young girls, and unless these girls have had normal parents and are well balanced, they fall for this sort of thing very easily.

Another form of sexual perversion, "Onanism" as it is termed, is merely one form of masturbation. It was first applied to "coitus interruptus," because Onan, a son of Judah, was the first of whom we have any record, who during the act of intercourse withdrew and scattered his seed upon the ground to prevent fertilization. From this fact, masturbators are frequently called onanists. We find that most of these perversions, particularly onanism, sadism and masochism are merely forms of masturbation.

Another one of the pathological sexual types is where some one object, rather than any particular human individual, is absolutely necessary to call forth any sexual impulses. This sort of thing is called "fetishism." Whatever it may be due to, whether induced by the sight of a pair of shoes or a pair of gloves, or furs, or any particular articles of women's apparel or even of men's clothing, such object is invariably made the center of the individual's sexual life. Occasionally this particular condition arises merely from a suggestion. Masoch, whose name was given to one particular type of perversion, was a fetish worshipper. Invariably, all of his paramours or the females with whom he had anything to do, must be dressed in furs; otherwise there was absolutely no sexual excitation. In most of the houses of prostitution, particularly in the large cities, things are so arranged for these various individuals who require some other object besides the feminine companion in order to derive any physiological satisfaction, that they may be taken care of properly.

One of the most common fetishes which is used is a pretty pair of shoes, of the type worn by a female. Some individuals are so affected, merely by the sight of a pair of such shoes, that it is absolutelyimpossible for them to go by a shoe window without starting sex-

ual impulses, and some, who have more or less fine sentiments outside of this one particular pathological perversion, will even blush when they pass one of these windows filled with beautiful shoes—they think it is absolutely indecent for these shoes to be exhibited. One individual in particular carried this fetish so far that it was impossible for him to buy a pair of shoes—the mere thinking of them would cause an erection and the handling of such shoes would cause orgasm.

These perversions, almost invariably, are due to some hereditary taint. Even where they have been brought forth by suggestion, careful questioning will show that the previous nerve history of the individual was decidedly bad. Where this perversion is acquired as the result of some suggestion, hypnotism or suggestion given by an individual or physician who has the necessary ability to get into the inner sexual life of his patient, has accomplished good results. In the big majority of instances, hypnotism and suggestion from outside has absolutely no effect. Even when the individual seemingly has some kind of predilection for a member of the opposite sex, you can hardly go so far as to call the feeling which he has a true love. Even if this affection or whatever it may be, leads to marriage, the attempt at normal coitus is not satisfactory, unless at the same time he can induce his companion to put on a pair of shoes or he can handle his particular fetish, whatever it may be; or unless he can bring the image of that fetish to his own mind. Under those conditions, it is possible in some instances to have sexual relations, but a thoroughly normal coitus is absolutely impossible, because it can not take place unless this image or idea is present in the individual's mind. It is this one particular object, whatever it may be, which has

assumed ascendency over the normal sexual impulses, and they refuse to act unless some image of this fetish or the object itself is present. Fetishes are made of almost any common object, the most common being shoes or some one article of feminine apparel.

Then there is another common type of pathological perverts, who belong to the class called "Exhibitionists." It is absolutely impossible for one of these inverts to obtain any sexual relief in any way, unless the act of masturbation is carried on where some one can see them, and particularly a member of the opposite sex. In order to obtain orgasm, there must be this one central idea, the main thought being that some member of the opposite sex shall observe the act. While it is not always necessary for some female to actually be present, yet it is in the big majority of instances. This idea that someone is watching the performance seems to give them a certain amount of virility or nerve control that they do not have under any other conditions. This sort of thing is more or less shocking to the public morals, but as the true exhibitionist never attempts to force intercourse with any one woman or anyone else, there are seldom any evil consequences beyond the annoyance caused the other party. Such an individual merely places himself behind a hedge or fence on some less frequented by-way, where it will be possible to see a solitary woman pass by, and then lies in wait until this occurs, when he begins masturbation with the central idea present that he now has an interested audience watching the performance. This sort of an individual is never able to enjoy married life from a physiological standpoint. Seemingly, the spectator must be a total stranger to the individual—if it is someone with whom he has at-

tempted normal coitus, it is absolutely impossible for him to get any satisfaction or even an erection. With the central idea that someone who is not known to him is watching the performance, he apparently weaves a small romance in his own mind, with this one particular act playing the stellar part.

One of the most common pathological conditions is that of "sodomy" or "bestiality." This, of course means having sexual intercourse with animals. This, according to the laws of all the states, is a misdemeanor, punishable by incarceration in a state prison. So far as the real evil or damage is concerned, there is none, particularly as to the poor individual who attempts to get relief in this way is concerned. There is no danger of any after-effects from this sort of sexual enjoyment, as there is no possibility of conception occurring; nor is there any chance of the individual himself contracting any venereal infection. Furthermore, if he is permitted to relieve himself in this manner instead of marrying, there is no possibility of producing a child who will have this same kind of a perversion, because this type of sexual perversion is the most easily of all pathological conditions to be passed on to posterity. If there is no cruelty connected with the act, and where no small animal is used, there is no reason why the unfortunate individual should not be permitted to satisfy himself in this way. It would be much cheaper from an economic standpoint if no attention were paid to such an individual, in that the state, hence eventually the tax payers, would not have to pay his board and other expenses for a term of years. The maximum is twenty and the minimum penalty is ten years in almost all of the states for conviction of this act.

The various perversions which we see, accom-

panied by other insanities, are the result of pathological conditions of coitus. They are merely symptoms of the general mental condition, particularly in the approach of old age, in the beginning of senility, where we have certain pathological changes occurring in the protoplasm of the nerve cell. They are undergoing more or less atrophy. The first effect of this atrophic condition is a considerable amount of irritation. This irritation very quickly results in almost entire loss of sensation, so that the relief which they do obtain is only for a short space of time; when the atrophic changes have gone on for a time there is complete loss of sensation. At an early age, during youth or early adult life or at middle age, where we have this cerebral condition, in the big majority of instances they are accompanied by some kind of sexual effect. It may result in masturbation or any other way in which the individual can get relief.

One of the ways in which this relief is obtained is by a sexual act performed upon young girls. This is hardly a true perversion, but has been named "Pederosis;" and is, seemingly, more of a symptom than a true pathological perversion. From anatomical reasons, it is absolutely impossible to get any satisfaction at all in attempting intercourse with a young girl, of seven, eight or nine years of age; yet there is this sexual hallucination present which forces the individual along these lines. He has this thought, thinks that this is the only way in which he can get any sexual satisfaction—possibly he may have been disappointed in other attempts he has made at normal coitus—and he imagines, as do the big majority of insane individuals, that he is very badly misused, that the whole world is against him and that only in this way can he get satisfaction.

Under this insane desire to obtain satisfaction, a

severe injury may be caused to the young girl. There are any number of instances where as the result of forcible sexual intercourse with a child in this way, there have been deep tears into the rectum, and furthermore, the posterior walls of the vagina have been absolutely torn apart. In the sexual frenzy which this type of brute indulges in, there is always a chance that the child may be seriously damaged. This sort of an insane desire is more of a symptom of some other central nervous system or cerebral lesion than of any one true pathological perversion.

We have now gone over in a general way, practically all of the pathological perversions in connection with the sexual act, merely that you will be acquainted with them if you happen to find any of them in your practice. The various other symptoms which are shown invariably accompany some serious cerebral lesion. In these types which we have mentioned so far, they are so prevalent that they are classified as true pathological conditions.

CHAPTER XII.

OSTEOPATHIC DIAGNOSIS AND CORRECTIVE WORK

CONFIDENCE OF PATIENT MUST BE SECURED; THE OSTEOPATHIC LESION AS A DIRECT CAUSE; METHOD OF CONTROLLING VIOLENT PATIENTS; ELIMINATION OF ALL STIMULANTS; THE QUESTION OF DIET; NECESSITY OF PROPER EXERCISE; THE "CONTINUOUS WARM BATH;" METHOD AND KIND OF OSTEOPATHIC TREATMENTS.

We will now take up in a somewhat general way the method of treatment of these pathological conditions. As to their cure, that depends almost entirely upon the ability of the physician to obtain the confidence of his patient. If there is not absolute confidence in his physician on the part of the patient, in these types of pathological conditions in particular, it is absolutely useless for that physician to go any further with any kind of treatment. Some of these perverts will talk very freely with the physician, but many will not do so. Usually, when such people are examined regarding their perversions, it is almost impossible to find out, by questioning the patient himself, anything regarding his or her particular trouble. If you can get the confidence of such an individual and get him or her to talk freely, there is a possibility of effecting a cure. If the individual is married, for instance if it is a man and you can talk freely with the wife, you can find out the situation and by having her act in such a way as to at first give in to these perverted impulses and then gradually overcome them, there is the possibility of a cure. There are cases on record where individuals who had these tendencies in youth

or early adult life, have lost them or they have entirely disappeared through the cooperation of the wife.

While, as yet, because our Science is comparatively young, we have not had very many of these cases, yet those cases which we have treated have all been improved, and in a number of cases there has been an absolute cure. There is no doubt but what the physiological condition of such an individual can be cured, provided you have his confidence and can show him in words of one syllable the effect that overuse or abuse of the sexual organs will have, and likewise the effect of his own particular type of perversion as it actually exists. The cause may be some suggestive picture or some suggestion which someone has made to this individual, which has stuck in his brain, becoming the one thing which controls his entire sexual center. Then again, an osteopathic lesion may be either a predisposing or exciting factor of these perversions. It may be that a lesion in the cervical or upper thoracic region in particular is the immediate or primary cause of mental deficiency, or a lesion in the region of the second or third lumbar vertebrae may lead to a continual stimulation of the sexual centers, and reflexly of the cortical centers associated with them. There is no reason why, if the mechanical lesion which originally caused or predisposed to the weakness or condition, is removed, there should not be an immediate tendency to overcome and control the effect of any central idea or suggestion such as we have considered. Hypnotism or suggestion, which is given in the hypnotic condition, in a great many instances has accomplished wonderful results; in others, it has had absolutely no effect. As to whether suggestions in themselves would cure the condition is extremely doubtful.

The method of handling such pathological cases will depend largely upon the type of perversion and the extent to which it is carried by the patient. It is the duty of the physician, of course, to give friendly advice whenever sought, without attempting to frighten or reprimand the individual, which would only have a tendency to preclude the possibility of accomplishing anything for that particular patient. Some can be handled entirely in the patient's own home, but where the pathological condition is of a dangerous type or the patient is uncontrollable at times, it will perhaps be found necessary to place them in a special sanitarium or private hospital to which you have access, so that you can give them the proper attention at frequent intervals.

If you have a medical friend, who is connected with any large city or state insane asylum, it will be well worth your while, from a pathological standpoint, for you to get him to take you through some of their various wards, particularly those which are not open to the public. In one of these wards you will find only members of the male sex; and you will find that they will masturbate whenever they have a chance, some of them openly; although this is not true of most of them. There will be a certain few of them who will satisfy their sexual desires in that way and by having intercourse with another male. When you are taken into a female ward you may find perhaps a hundred inmates in this one particular ward, which is called the psychopathic ward, where there are various kinds of insanity. These individuals are decidedly amorous in their tendencies; when the physician comes in he will be immediately surrounded by a crowd of these females. Some of them will caress him and pet him, and some will even attempt to scratch and bite, merely because they are jealous

of the attempts of the others or the attention he is receiving from them.

The age of the patients will really surprise you, as the big majority of them will have gray hair and their age will be anywhere from forty-five to perhaps seventy. These are the ones who are showing active erotic sensations, preceding senile decay, as a result of pathological changes in the cortex or of the psychical centers. These centers, because they are not controlled as they are under normal conditions, excite the genital organs. As a result of this continuous irritation, there is excessive and almost continuous masturbation. Only in that way can they relieve themselves of these irritating impulses and sensations. This sort of pathological sexual impulse is due to the pathological changes which are occurring in the cortex. When certain pathological changes occur in the lumbar area of the cord, which have been preceded by an inflammatory condition, then as a result of the pressure of this extra amount of blood in the cord we have a continual irritation of the ejaculatory center situated at about the second lumbar. As the result of this continued irritation, we have a hyperemic condition, which results in the male in erection and evacuation, which is sometimes more or less continuous, and is a condition which can be relieved only by masturbation.

In the handling of pathological conditions like we have enumerated, if you can induce the patient to abstain from the use of alcoholic drinks of all kinds, and even from the use of tobacco, tea and coffee, you will find that you can usually get a cure. It is much better for the individual to give up entirely the use of alcoholic stimulants of all kinds than to attempt to use a moderate amount of alcohol and give up tobacco, tea and coffee, because alcohol is more irritat-

ing to the sexual centers than any other kind of stimulant.

Along with the elimination of stimulants of all kinds must be considered the question of diet. The use of a strong, concentrated diet, like meat and other proteins, will cause more or less irritation of the sexual centers, and should therefore be avoided just as far as possible. If you can, you should get such an individual to live upon vegetables and fruits as far as possible, along with well-cooked carbohydrate foods. The use of a proper diet, along with plenty of out-door life, particularly a considerable amount of physical exercise; that is, as much as the patient can stand, even up to the point of physical exhaustion, has a tendency to overcome this condition.

The surface cells under the prepuce at the end of the glans penis secrete a substance called smegma. This, when allowed to accumulate as it frequently does in young boys, becomes a continual source of irritation. Cleanliness of this particular portion of the male body very often is all that is required to overcome masturbation. A normal boy, unless his attention is called to this portion of his anatomy by continual irritation, can very easily forget this act, and removing the irritating cause is all that is usually necessary. Where, however, there is an excessive amount of self-abuse, of the type where it is almost continuous, more than mere cleanliness is indicated. This condition results in a drain on the albuminous substances of the blood, as the semen is composed principally of albumens and peptones from the blood stream as we have already seen, so that the continual loss of this amount of albumen does result in excessive irritation, loss of weight and in many instances, of a most persistent insomnia. This type of

pathological perversion can be relieved successfully for several hours and sometimes for days at a time, by placing the patient in what is called a "continuous warm bath." In giving this, the patient is placed in the tub and immersed up to the neck, the tub being so arranged that there is a continuous flow of water, which is not warmer than 100°F and no colder than 98°F, or about blood temperature all the time. This heat induces complete muscular relaxation, and the filling of the abdomen and surface cells with blood which relieves the tension in the brain and cortex. We have already discussed the method of giving Osteopathic treatments and other corrective work in connection with children who have acquired the habit of self-abuse.

In that small class of women whom we have mentioned as apparently having no sexual longings or desires, thorough Osteopathic treatments, particularly in the lower thoracic and entire lumbar as well as the sacral regions will set up a more healthy condition and equalize the blood flow in the genital organs, as well as throughout the spinal cord. This sort of treatment, with the necessary instruction on the subject to the husband of that particular patient, will go a long ways towards effecting a permanent cure, and will certainly give much better results than any other known method of treatment.

In conclusion, I might say that in the handling of such pathological conditions as we have described in the last two or three lectures, it is necessary, First of all, to get the entire confidence of the patient. Second, to consult with the husband or wife or relatives of the patient, in order that you may get first-hand information as to the situation and perhaps get their hearty co-operation towards the desired end. Third, the Osteopathic lesion must not be overlooked as

both a predisposing and exciting factor of the trouble, so that it must be found and corrected, and frequent thorough treatments must be given extending over a considerable period of time, of years even if necessary, in order to put every part of the patient's organism in good condition and maintain that state of affairs. Fourth, you must give due attention to the elimination of stimulants of all kinds; Fifth, a cheerful, hygienic environment at all times must be provided for the patient. Sixth, the tissues of the body must be built up by the right kind of a nourishing, non-irritating diet; and Seventh, you do not want to forget the necessity of a sufficient amount of outdoor air and healthy physical exercise for the patient at all times. If all these things are given due attention, accompanied by regular, thorough and general Osteopathic treatments at frequent intervals, you should be able to accomplish wonderful results with practically any of these pathological conditions.

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